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A  
GUIDE TO HEALTH;  
BEING  
A COMPENDIUM  
OF MEDICAL INSTRUCTION,  
UPON  
BOTANIC PRINCIPLES:  
DESIGNED FOR THE USE OF FAMILIES,  
AND  
PRIVATE INDIVIDUALS.

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BY J. H. SMITH,

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BOTANIC PHYSICIAN:

PONTIAC, MICH.

1842.

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DISTRICT OF MICHIGAN, ss.

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{ L.S. } BE IT REMEMBERED, That on the twenty-second day  
~~~~~ of July, in the sixty-seventh year of the Independence  
of the United States of America, J. H. SMITH, of the  
said District, hath deposited in this office the title of  
a book, the right whereof he claims as author, in the words  
following, to wit:

“A guide to health, being a compendium of medical instruction upon Botanic principles; designed for the use of families and private individuals. By J. H. Smith, Botanic Physician, Pontiac, Michigan.”

In conformity to the Act of the Congress of the United States, entitled: “An act for the encouragement of learning, by securing the copies of maps, charts and books, to the authors and proprietors of such copies, during the time therein mentioned.” And also an act, entitled, “An act supplementary to an act, entitled an act for the encouragement of learning, by securing the copies of maps, charts and books, to the authors and proprietors of such copies, during the times therein mentioned, and extending the benefits thereof to the arts of designing, engraving and etching historical and other prints.”

JOHN WINDER,

*Clerk of the District of Michigan.*

Wormser 4-6-53

## INTRODUCTORY PREFACE.

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As all are alike interested in the preservation of life and health, the author indulges a fond hope that this brief epitomy of medical science, though, like every thing else that is human, marked with much imperfection, will nevertheless be found of vast benefit to a large portion of every class of the community.

The idea has long seemed to be prevalent, that persons in the various pursuits and occupations of life, must know nothing of the nature and power of medicines, and of their appropriate application to the diseases incident to the body of man, but what they learn from the parsimonious instructions of attending physicians, and these generally couched in the studied obscurity of blind technicalities, and thus the secrets of an art, either real or pretended, have long been the support of a privileged monopoly.

And that such circumstances should exist under despotic, monarchical, and aristocratical Governments is not at all surprising. But strange to tell; these exclusive claims have long been sustained in this land of boasted republican institutions, with a blind stupidity and cringing servility that would disgrace a Hindoo. But thanks to the God of all our mercies, this state of things is fast passing away, and thousands are now saying, give us medicines, or point us to the remedies, and tell us how and under what circumstances to use them, and we will be our own Physicians.

And now in response to those oft repeated solicitations, we attempt the arduous task of condensing within the nar-

row limits of a few small pages, all that will generally be found necessary to enable any person or family of common intelligence, to gather, prepare, preserve and appropriately use all the remedies in general use among the most skillful and successful Botanic Physicians. And if we succeed in accordance with our sanguine anticipation, we shall be able to place in the hands of every family within our reach at a very small expense, all necessary instructions for the treatment of all diseases of ordinary occurrence.

But we must here indulge a few thoughts with reference to the comparative merits of the Botanic and mineral practice, but from this part of my work I would beg to be excused, did not a sense of duty forbid, for truly I have strong feeling of personal friendship, for many who freely use the mineral poison and the deadly lancet to remove diseases, but can I be silent on this subject, while I have not a doubt but many thousands are now sleeping in a premature grave who but for these engines of death might have been now enjoying life. And I am equally certain that thousands are yet dragging out a wretched existence, with maimed bodies or broken constitutions; looking down to the grave as their only relief, while these circumstances too are referable to the same fruitful source of human misery and woe.

Our beneficent Creator has destined his creature man to draw his nourishment and support, from the earliest period of infancy, either directly or indirectly from the earth, through the medium of vegetation. Indeed a moments reflection will show, that animal matter is nothing more nor less than modified vegetation; and hence we discover, of what it is that the body of man consists. And if from accident, mismanagement, or unfavorable outward circumstances this complex fabric becomes impaired, ail needful repairs ought to be made from that substance of which the body is composed, and every sound principle of mechanism, philosophy and right reasons, as well as the usage of sensible men in almost all other circumstances of life, justify this conclusion.

We never find persons under the influence of a sound

mind turning aside from the bounteous provisions afforded us in a wide spread vegetation, to replenish their bodily wants with minerals, metals, stones or earth. . Nay, disease and death would soon result from such a course. Then why should we use that to restore health and prolong life, which would soon prove certain destruction to both.

There are a numerous and rapidly increasing class of Physicians who are of opinion that Nature's garden affords ample remedies for all diseases incident to the family of man. But at the same time they suppose that our ignorance of these, and of their appropriate application, sometimes renders it necessary to have recourse to the use of other substances to remove disease.

With this view of the subject we have no particular controversy: for an unnatural repair may be better than none, provided it do not prove like a piece of "new cloth on an old garment" by which the garment is made worse.

And my view of blood letting is much the same. For though this practice as a remedy for disease seems repugnant to every principle of sound Philosophy and common sense, yet I am not fully prepared to say that it is absolutely inadmissible in every case. Though I am of the opinion that in ninety-nine cases out of a hundred in which it is practiced it does more harm than good. And I am more confirmed in this view of the subject by the recollection that from fifteen to twenty years ago, I let blood probably more than one hundred times as frequently as at present, though my medical practice is far more extensive now than then, and more successful beyond all comparison.

It should be borne in mind that the author of the following pages, makes but small pretention to originality in this work. The greater part is gleaned from various medical authors, too numerous to be here mentioned; and from the private views of medical men with whom he has associated in several States of the Union, and in other countries. The whole selected, corrected, pruned, and condensed according to his own judgement, formed by the experience and observations of many years. And again it will be remembered



that we write for families and private individuals in language which the illiterate as well as the learned will be able to understand. And we write briefly, first: because that we have not time to write much; secondly: because the most of that class of community for which this is principally designed will not read much. And finally, many who will most need, and most anxiously desire a work of this kind, will find it inconvenient to pay for a large book, and so we write a small one. But after all, should it be said by any that their pecuniary embarrassments are so great that they hesitate to purchase even this small book; we reply, that this state of things is the most conclusive argument why they should do so, that every man may become his own doctor. For among the various reasons assigned for the pecuniary distress of our country, the doctors bill should not be forgotten, nor regarded as the least.

## AMERICAN BOTANIC REMEDIES.

[ALPHABETICALLY ARRANGED.]

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[I shall first endeavor to name some of the most valuable articles used as medicine, describing them where description is needful, speaking of their properties and their use. And then proceed to speak of diseases and their appropriate treatment under their respective heads. And the reader will observe that if any term, not in common use, shall occur, a reference may be made for its meaning to the close of the work, where an explanation will be found.]

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### ADDER'S TONGUE.—*ERYTHRONIUM LANCEOLATUM*.

This small herb has but one leaf, which grows with the stalk a finger's length above the ground, being flat and of a fresh green color, broad, like water plantain, but without any middle rib in it. From the bottom of the leaf there arises one, and sometimes two or three small slender stalks, the upper half of which are larger, serrated, and of a yellowish green color, like the tongue of an adder. It grows

in low, moist places, appearing early in the spring. Roots perrennial. The expressed juice of the plant infused in wine or cider, is said to relieve dropsies. It is also a good remedy for wounds in the breast, or bowels, and stays hiccoughing, vomiting, hemorrhage, allays inflammations, and forms a good healing application for wounds.

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### ANGELICA.—ANGELICA SYLVESTRIS.

This plant grows from two to four feet high, having large round hollow stocks, with small joints at a considerable distance from each other; leaves on large stems, flowers white, unbelliferous, seeds resembling parsnip, ripe in August, and have a pungent aromatic taste; the root bien-nial, long and thick, hung with many fibres. It grows spontaneously in intervals, and rich places by the side of streams. The root is an excellent aromatic, carminative, emmenagogue, discutient and sialagogue. Alone, or combined with tonics, it is excellent in flatulency or wind cholic, pain in the stomach, debility, &c. The fresh root, bruised and laid on inflammatory tumors, disperses them. Steeped in vinegar and drank, or the root chewed, it is an infallible preservative against epidemics or infection. It raises the spirits, strengthens the stomach and causes an appetite. It may be taken in powder, a tea-spoonful at a dose, or the seeds and roots may be steeped gently in water or infused in spirits.

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### ALOES.—SOCOTORINE AND HEPATIC.—*The gum resin.*

A perrennial plant, consisting of many varieties, which grow in the south of Europe, Asia, Africa and America.—The Socotoranic is considered the purest, and is brought from the Island of Socotra, wrapped in skins. It is in small pieces of a reddish brown color, with a purplish cast; when reduced to powder, of a bright golden shade. Its taste is bitter, accompanied with an aromatic flavor; the



smell is not unpleasant, and slightly resembles that of myrrh. The Barbadoes Aloes is in large masses, of a lighter color, and has an odor much stronger and more unpleasant than the former. The Hepatic is of a smaller kind. The horse Aloes is still more impure, and is weaker in its power.

Aloes is a warm stimulating purgative, and considerably vermifuge. Useful in compounds, but ought seldom or never to be used alone.

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### ARSE SMART.—*The Herb.*

This valuable remedy grows in our country every where, though few know the great use of it. It is a powerful anti-septic, and allays inflammation, disperses cold swellings, particularly such as affect the knee joint, and dissolves congealed blood in bruises, blows, &c. For these purposes it should be applied in strong decoction and poultice. The juice destroys worms in the ears, when dropped into them.

Arse-smart may be drank in decoction without any ill effects. It has been used in gravel and obstructions of urine with great benefit: for curing coughs and colds it is remarkably efficacious. It has also been used as a vermifuge.

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### ASARABACCA.—*ASARUM AMERICANUM.*—*The leaves and root.*

Called also wild ginger, colt foot or snake root. This is an humble, stemless plant, the leaves rise immediately from the root, and are usually two in number, resembling a colt's foot. The flowers proceed from between these leaves, and are large, purple and bell-shaped. The root is of a grey or brown color externally, but white within. It grows throughout the United States, in shady woods and rich soil. Both the root and leaves have a nausous, bitter, acrimonious, hot taste. It is useful in debility, melancholy, palpitations, low fevers, convalescence, obstructions, hooping

cough, &c. The doses must be small and often repeated, since it becomes nauseous in large doses.

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### ARROW ROOT.

This root is imported from the West Indies, and has been much used as a diet for sick people. It is nutritious and mucillaginous, and good in bowel complaints; but is more an article of luxury than of necessity, for its place may be supplied nearer home by the use of the superfine flour of slippery elm.

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### ANISEED.—PIMPINELLA ANISUN.

Anise is an annual plant, growing naturally in Crete and Syria. The seeds have an aromatic odor, and a warm taste, with a share of sweetness. An essential is obtained from it. It is a good carminative in dyspepsia, and in the flatulence to which children are subject. A drachm or two of the seeds is a dose, or a few drops of oil dropped on sugar.

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### ASAFCETIDA.—*The gum resin.*

This drug has a strong foetid smell, something like that of garlic; and a bitter, acrid, biting taste. It is the most powerful of all the foetid gums, and is a valuable remedy. It acts as a stimulant, anti-spasmodic, expectorant, emmenagogue and vermifuge. Its action is quick and penetrating, and it affords relief in spasmodic, flatulent, hysteric, hypochondriacal complaints, especially when they arise from obstructions of the bowels. It is given in the form of pills, in doses of from five to twenty grains, alone, or combined with bitter purgatives or extracts; or it may be given in tincture or dissolved in water. In the form of a clyster, two or three drachms may be given.

AVEN'S OR EVEN.—GEUM VIRGINIANUM.—*The Root.*

Aven's root is a noble medicine in all cases of beginning consumptions and debility. There are several species of Avens, but they all possess similar qualities, viz: astringent, styptic, tonic, febrifuge, stomachic, &c. It is preferable to the Peruvian bark in the cure of intermittants, dysentery, chronic diarrhœas, wind cholic, affections of the stomach, asthmatic symptoms and cases of debility; whites, flooding or sore throat. The continual use of it has restored to health the most shattered and enfeebled constitution, and is probably as effectual as any one single article in arresting a consumption. In a fever, after proper evacuations, it may be given till the fever is broke. The doses are daily, a pint of a weak decoction, or about sixty grains of the powder, divided into three doses, and mixed with honey.

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## BALSAM OF FIR.—PINUS BALSAMEA.

The liquid resin, called balsam of Canada. It exudes spontaneously from the trunk of the tree; is of light yellow color, tenacious and inflammable. By keeping, it becomes thicker. The medicinal virtues of this balsam seem to be the same as those of copaiva, and is used for the same purposes. Its dose is from thirty to fifty drops. It is soluble in alcohol and oils, and affords an essential oil by distillation.

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## BALSAM COPAIVA.

Balsam Copaiva increases the urinary discharge, and communicates to the urine a violet odor; in too large a dose it excites inflammation of the urinary passages. From its power of stimulating the parts it frequently proves successful in the cure of gleet and the whites. It is a useful corroborant and detergent. It strengthens the nervous system, tends to loosen the bowels, promotes urine, and cleanses and heals exulcerations in the urinary passages. It is rec-

commended in coughs and diseases of the breast and lungs. The dose should not exceed from twenty to thirty drops two or three times a day. It may be taken on sugar or mixed with gum arabic.

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### BALSAM OF TOLU.

This is the mildest of all the Balsams. It has been esteemed as an expectorant, but its powers are very inconsiderable, and it is employed principally on account of flavor. It possesses, however, all the virtues of the other balsams, and is more fragrant than the most of them.

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### BALM OF GILEAD.

The buds of this tree, in tincture, are very healing for internal ulcerations, and removes pains and other affections of the stomach and chest. Its virtues, however, are similar to those of other Balsams.

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### BAYBERRY.—MYRICA CERIFERA HUMILIS.—*The Bark of the Root.*

This shrub rises three or four feet in height, is scraggy, with many branches set full of long, smooth, green leaves; from the sides of the branches grow small green berries, covered with a pale green tallow. The leaves and berries are warm carminatives, stomachic, emmenagogue;—beneficial in palsies, cholic, hysterical complaints, and they promote urine. But the bark is chiefly used. It is eminently serviceable in scrofulous affections, for which it should be drank in decoction, and constantly applied to the tumor as a discutient poultice. This application will not be found inferior to any other, for every species of scrofulous swellings. The decoction of bayberry bark is a good remedy for jaundice, and is effectual in removing all obstructions of the liver, spleen, kidneys and urinary passages. It has also been employed in dysentery and dropsy. The bark, chewed, is a good sialagogue, and when pulverized,

forms a most powerful sneezing snuff, which may be used with great advantage in many diseases of the head. Bayberry is one of the most valuable medicinal plants that we have.

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**BEARBERRY.**—*UVA URSL.*—*The Leaves.*

This is an evergreen shrub or vine; the leaves oval, not toothed, of a pale green color, and smooth on the under side; flowers whitish, terminating the stem in clusters. It grows on mountains and dry upland, in different parts of the Union, and in some places it is known by the name of wild cranberry. The leaves have a bitterish taste, and are astringent and tonic, in which their medical virtues consists. It is excellent in all debilitating discharges, and particularly in ulcerations of the kidneys, bladder and urinary passages; in fluor albus, diabetes, excess of menses, diarrhœa, dysentery, &c.

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**BEECH DROPS OR CANCER ROOT.**

This plant grows out of the roots of beech trees, in low grounds, and rises six or eight inches in height, of a brown glossy color, with brittle spriggs but no leaves. The root is bulbous, similar to a cancer, from whence it derives its name. It must be gathered before the frost touches it.

The beech drops are a powerful astringent, and cancers have been effectually cured by the application of the fresh bruised root, frequently applied. It is very beneficial in the cure of St. Anthony's fire, and canker in the throat. It may be prepared, by boiling eight ounces of herb to two quarts, and sweetened. After proper evacuations, persons subject to the Erysipelas may take a tea cup full of this decoction four times a day, at the same time applying cloths to the inflamed part, wet with the decoction, not sweetened, and continue till well.

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**BETH ROOT.**—*TRILLIUM ATROPURPUREUM.*

This is a beautiful modest plant, and is generally known



throughout the country, although most people are ignorant of its value. It rises about a foot high, has three large leaves at the top of the stem, from between which appears a solitary flower, bell-shaped, and of a purple or white color. The root is bulbous and full of small fibres, of a brown color externally, and white within. Beth root is a powerful astringent and tonic, and is also considerably carminative. It is an admirable medicine in all species of female weaknesses and debility, particularly in the whites, and bearing down of the womb. In floodings, bloody urine, and other hemorrhages, it is very effectual in restraining them: the dose may be a tea spoon full of the pulverized root three times a day, in yarrow tea or something similar.

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#### BITTER SWEET.—*SOLANUM DULCAMARA*.—*The Bark.*

The Bitter-sweet is a powerful and useful medicine, tho' like most of the invaluable medicinal plants which Nature so profusely furnishes to our hands, its virtues are appreciated but by few. It increases all the secretions and excretions, particularly sweat, urine and stool, and excites the heart and arteries. It is an excellent discutient, detergent and resolvent medicine, and may be employed both externally and internally. It is peculiarly beneficial in real liver complaints, and in all entaneous affection; also in rheumatism, schirrous swellings, ill conditioned ulcers, scrofula, whites, jaundicé and obstructed menses. Cancers of the breast have been cured by the application of the juice over the cancer, and the green leaves applied over the breast. For internal use. boil half a pound of the bark to one gallon, the dose a gill three times a day. It is also good in fevers and dropsical swellings. (For ointment, see that article under the head of compounds.)

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#### BLACKBERRY.—*The Bark of the Root.*

The bark of Blackberry root, boiled in milk, is a good remedy in dysenteries. It should be taken freely. Or, the

unripe berries, two pounds, bruised and simmered with one pound of loaf sugar and a half pint of brandy, strained, bottled up and used. In dysentery this is a most valuable remedy.

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**BLESSED THISTLE.**—*CARDUUS BENEDICTUS.*—*The herb.*

This thistle is an annual exotic plant, cultivated in gardens. The virtues of this plant, says Dr. Duncan, seem to be but little known in the present practice. A strong infusion, made in cold or warm water, if drank freely, and the patient kept warm, occasions a plentiful sweat, and promotes the secretions in general. The nauseous decoction is sometimes used to promote vomiting, and a strong infusion, to promote the operations of other emetics. Excellent effects have been frequently experienced from a slight infusion of the thistle, in loss of appetite, where the stomach has been injured by irregularities.

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**BALMONY.**—*CHELONE GLABRA.*—*The Herb.*

Root perennial; stem erect, though sometimes decumbent, from two to four feet high, angular or four square; flowers terminal, generally white, though of different colors in different varieties; as white spotted with red, and purplish; and of a most singular shape, resembling the head of a snake with its mouth open. Leaves opposite, bearing a distant resemblance to mint leaves, of a dark green color when fresh, almost black when dry, and intensely bitter, grows in wettish land, and by the side of brooks, both in open and in the shade. The balmony is a most powerful bitter tonic, and one of the best things to promote the appetite we ever used, and may be administered by itself or combined with other articles. It is an active cathartic, as well as tonic. The leaves are the best, and may be given in fevers, jaundice, and all other diseases, either in powder, tincture or decoction.

**BLACK ALDER.**—*PRUNOS VERTICILLATUS.*—*The bark and berries.*

This is a very common shrub in many parts of the United States, and grows in the greatest perfection in swamps and marshy places. The outer bark is of a blackish color but the inner is yellow, and being chewed, turns the spittle to a saffron color. The berries are of a fine red color, and may be seen in the winter.

The bark is astringent and is likewise considerably bitter, and pungent. It has been used as a substitute for Peruvian bark, in intermittents and other diseases, both in substance and decoction. It is chiefly useful as a tonic and corroborant, in cases of great debility, and in dropsies and incipient gangrene. It is both given internally, and used externally as a wash. The berries, infused in wine or brandy, make an excellent bitter tincture, and preservative against worms.

Care should be taken to distinguish the black alder from the swamp alder, or tag alder. A decoction of the bark and berries, drank constantly is a valuable remedy for the bleeding piles.

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**BOXWOOD OR DOGWOOD.**—*CORNUS FLORIDA.*

The common dogwood is a shrub, or small tree, growing from ten to thirty feet high, with few crooked, spreading branches, having a rough blackish colored bark outside, reddish within, bark of the extreme branches smooth and reddish on the outside, having rings where the old leaves grew. Leaves opposite, pale on the under side. Flowers terminal, large, white, of a peculiar shape, appearing very early, succeeded by oblong berries, ripening in the fall when they become red. Found all over the United States, on dry hills and in swampy, moist lands.

The dogwood bark is a tonic, astringent, antiseptic, and stimulate; that from the root being the strongest. By some it is considered equal to the Peruvian bark; and may be used in all cases of fevers, particularly intermittent, remit-



tent, and typhus. It may be given by itself in powder, in doses of a tea-spoonful, often repeated, or it may be steeped and drink the tea. The berries may also be tinctured in spirits, and make a very good bitter.

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#### BITTER ROOT.—*APOCYNUM ANDROSCAMIFOLIUM*.

There are two species of this article, the one grows on dry wood-lands, about two feet high, and when in blow, at a little distance, it has the appearance of buckwheat. The other kind grows on wet, or low lands, usually three or four feet high, roots like the former, running horizontally beneath the surface, but to a much greater distance, and they are of a darker color. The properties of the two are similar, but the latter is the kind mostly used, because it is most easily obtained.

Bitter root is cathartic, emetic, tonic and alterative; if taken freely at the commencement of a fever, it will often throw it off entirely.

As an alterative it is of great value, taken in small continued doses it acts on the liver, removes obstructions, and promotes a healthy action of that organ.

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#### BLOOD ROOT.—*SANGUINARIA CANADENSIS*.—*The Root*.

This root is a powerful emetic, cathartic, emmenagogue, pectoral and sudorific. The powdered root, in doses of fifteen or twenty grains is powerfully emetic, and operates quick. In a spiritous tincture, however, it is given with better effect: two pounds of the dry root, or four of the green, may be infused in a gallon of fourth proof spirits till the strength is extracted. The dose for an adult of this strength, may be about two thirds of a table spoonful, and repeated every ten minutes till it vomits, though it seldom requires repetition. This is one of the best emetics for children, in croup and other obstructions from phlegm,

that I have ever administered. It operates beautifully, quick, and effectually, and is nowise dangerous, for when it reaches the proper quantity it is certain to come up.—It is beneficial in the cure of rheumatism, jaundice and beginning consumptions, and is a good deobstruent and stimulant to the solids. A tincture of the root is used to prevent the intermittent fever; and a decoction of the root is used to cure the dysentery. It is useful in female obstructions.

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BLUE FLAG.—IRIS PSEUDACORUS.—*The Root.*

From the excellent work of Elisha Smith, Botanic Physician of New York city, (from which I have drawn very freely,) I now transcribe the following, almost entire:

“This root possesses great medicinal power; and from a long experience of its use, I am convinced that it is equally as efficacious as mercury in all the diseases in which, in the common practice, it is supposed mercury indicated. It serves as an alterative, and sialagogue, in small continued doses; as a powerful drastic purge, a stimulant, a vermifuge, a diuretic, errhine, &c. It is a complete substitute for that mineral, for any of its purposes; and being a vegetable, I consider it far preferable, because after having its operation and effect, it passes off and leaves the system free; whereas mercury fastens upon the bones and solids, and remains, like a corroding and eating canker, rendering vast numbers feeble and debilitated for life. Such is the difference between these two articles of medicine; and it would be a happy event for mankind if Physicians would, for once, divest themselves of their blind prejudices in favor of the mineral, and consent, at least, to make a trial of this vegetable substitute. The plea that the vegetable kingdom contains no equivalent to mercury, is no longer tenable; then why should not Physicians discard the use of it at once, when it is universally acknowledged and felt, that in the aggregate it has proved a curse, a destroyer to the human race. The disuse of it, it is true, would lessen the employment of the medical profession; but the satisfaction

they must feel at the proportionate decrease of suffering among their fellow beings, will, no doubt, richly compensate them for the pecuniary sacrifice."

This root loses its virtue by age and long exposure. It contains a large quantity of oil, in which, probably, its medicinal power is contained. My method of preparing it is, immediately after it is dug and cleaned, to either bruise it and infuse it in spirits, for a tincture; or, after carefully cleaning it, and cutting out the dead and inert matter, to dry it quickly before a fire, pulverize it, and bottle it tight, for use. The tincture may be given alone, or combined with other articles, when it is employed as an alterative.—For a cathartic I generally make use of the powder, which may be given in the average dose of twenty grains, repeating if necessary. Its operation is powerful, certain and quick, sometimes taking effect in half an hour; and I have often seen it move the bowels when jalap, gamboge, and other strong purgatives had no effect. I have destroyed tape worms with this alone.

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#### BONASET OR THOROUGHWORT.—EUPATORIUM PER- FOLIATUM.

This plant is a valuable sudorific, tonic, alterative, anti-septic, cathartic, emetic, febrifuge, corroborant, diuretic, astringent, deobstruent and stimulant. It was one of the most powerful remedies of the native tribes, for fevers, colds, &c. It has been introduced extensively into practice throughout the United States, and appears to be superior to camomile, as a sudorific tonic, and far preferable to bark, in the treatment of the local autumnal fevers of the country, near the streams, lakes, and marshes, often curing when other tonics have failed. A strong decoction of boneset, taken warm till it vomits freely, is sufficient to break up almost any fever in its commencement. It cleanses the stomach, excites all the secretions, relaxes constriction, produces a free perspiration, and of course throws off the disease.

For colds it is a complete remedy; always observing to take a draught of cold tea, after the sweat is over, which will prevent an additional cold, on exposure. The cold preparations are powerful tonics, and do not produce vomiting as an over dose of the warm decoction. It acts powerfully on the skin, and removes obstinate cutaneous disease. It has cured the following disorders in many instances, viz: intermittent and remittent fevers, spotted fevers, malignant pleurisy; diseases of general debility, dropsies, and debility arising from intemperance; acute and chronic rheumatism; catarrhs, billious and typhus fevers, particularly low typhus, incident to marshy places, and attended with a hot dry skin; influenza, lake fevers, and yellow fevers itself; ring-worms, scald head, gout and syphilitic pains, dyspepsia, and complaints of the stomach, and the bites of snakes.

Boneset may be so managed as to act as tonic, & sudorific, a laxative or an emetic, as required. No other tonic of equal activity can be exhibited in fevers, with less danger of increasing excitement, or producing congestion; the only objection to its general use is its nauseous and disagreeable taste. But this difficulty is surmounted by preparing it in a sirup, or obtaining the extract, which preserves all its properties, and are less disagreeable to the palate. In substance or cold decoction, and combined with aromatics, it becomes very efficient in intermittent and dyspeptic disorders; it strengthens the viscera and restores the tone of the system. The doses of the powders are from ten to twenty grains, the decoction and infusion from one to three ounces. No unpleasant effects follow the cold preparations. It is particularly useful in indigestion, and costive habits of old people; and may be used as an auxiliary to other tonics and emetics in all cases. The authors compound liquid, called Balsam of hoarhound, partakes largely of this article.

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#### BUCK HORN BRAKE.—*The Shoots and Roots.*

This brake is common in swamps and low grounds, and may be known by its growing very large and in mats from



which an immense number of thick, brittle shoots sprout up in the spring, curling round like a buck's horn, from whence its name. The properties of this brake, are mucilaginous, tonic, and strengthening. The root and shoots, in decoction, or compounded with other articles, form a very strengthening sirup for female weaknesses, particularly the whites.

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**BURDOCK.**—**ARCTIUM LAPPA.**—*The Root, Leaves, and Seeds.*

Burdock promotes the sweat and urine, and is of a very cleansing, detergent quality. Where its use is known, it is esteemed equal to sarsaparilla in all diseases proceeding from bad blood. It may be safely used in fevers and other acute diseases, as a deobstruent, and sudorific, as it acts without irritation. The fresh root has a sweetish bitter, and somewhat austere taste; the seeds have a bitterish, acrid taste, and are recommended as a powerful diuretic, taken either in the form of emulsion, or a powder, in doses not exceeding one drachm. Decoctions of the root have been employed with great success in rheumatism, gout, venereal and other diseases; but it does not possess sufficient strength of itself to cure these disorders as rapidly as might be desired, and therefore would be more profitably combined with other alteratives, in form of sirup.

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**BUTTERNUT.**—**INGLANS CINEREA.**—*The inner Bark, and extract.*

This tree is well known throughout the United States, and is very commonly used as a moderate, gentle cathartic.—The extract of butternut bark is esteemed as a valuable purgative, in doses of from ten to thirty grains, as it does not occasion debility, heat or irritation; and is greatly commended in cases of dysentery. Conjoined with some more active purgative, it is very efficacious in bilious habits.

CAMPHOR TREE.—*LAURUS CAMPHORA*.—*The Gum*.

In moderate doses, camphor produces effects similar to those of other narcotics. Its stimulant operation, however, is not considerable, even in a small dose; and in a large dose it always diminishes the force of the circulation; induces sleep, and sometimes causes delirium, vertigo and convulsions, ending in total insensibility. These violent effects of camphor are most effectually counteracted by opium. In a morbid state of the body, camphor allays inordinate actions. When the pulse is hard and contracted, it renders it fuller and softer. It removes spasms and flitting pains; and in delirium, when opium fails of producing sleep, camphor will often succeed. The most general indication for the use of camphor is the languor or oppression of the vital principle of life. It may therefore be given with advantage in all febrile diseases of the typhoid kind, especially when attended with delirium; in inflammation of the lungs; in rheumatism; in eruptive diseases, to favor the eruption, or to bring it back to the skin, when it has receded, as in the case of the small pox, measles, &c.; in many spasmodic diseases, especially Mania, Melancholy, Epilepsy, Hysteria, St. Vitus, Dance, Hiccup, &c.; in indolent local inflammation, to excite action in the part. The dose of camphor is from five to twenty grains. It cannot be given with safety in a larger dose than half a drachm; and in too small a dose, as that of a few grains, it has very little effect. In divided doses it may be given to the extent of a drachm a day. Combined with opium it forms a powerful diaphoretic. Camphor ought generally to be given in a state of mixture in some fluid form, as being then less apt to excite nausea. It may be diffused in water by trituration with sugar or mucilage. Externally applied, camphor is used as an anodyne in rheumatism and muscular pains, and as a discutient in bruises and inflammatory affections; it is dissolved in alcohol or expressed oil, and applied to the part by friction.

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CARAWAY.—*CARUM CARUI*.—*The Seeds*.

This plant is cultivated in our gardens, both for medicinal

and culinary purposes. On account of its aromatic smell, and warm, pungent taste, the seeds of caraway may be classed among the finest stomachics and carminatives of our climate. To persons afflicted with flatulency, and liable to cholics, if administered in proper quantities, they generally afford considerable relief, and may sometimes be used with advantage in agues. It gives an agreeable flavor to more powerful tonics and stimulants, and may therefore be combined with them advantageously.

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#### CAROLINA PINK.—*SPIGELIA MARILANDICA*.—*The root.*

This plant is perennial, and grows wild in most of our Southern States. The roots are celebrated as an anthelmintic, particularly for the expulsion of the round worm of the intestines. It is commonly administered in the form of infusion; an emetic is generally premised, and its purgative effect assisted by some simple addition, as senna or jalap.—By some the powdered root is directed in doses of ten or fifteen grains; while others prescribe in drachm doses. But, it should be observed, that when exhibited in large doses and without proper precautions, it sometimes produces very singular and distressing effects upon the nervous system, such as vertigo, pains over the eyes, and dilated pupils.—As a vermifuge, pink has acquired general use, and often gives relief, even where no worms are discharged; but its good effects are often lost for the want of a stomachic and tonic after treatment, which will prevent a new generation of worms.

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#### CINNAMON.—*The Bark and Oil.*

The inner bark of the cinnamon tree, which is a native of Ceylon in the East Indies, although it is now cultivated in the West Indies. This bark is a very useful and elegant aromatic, more grateful to the stomach and palate than most other substances of this class. Like other aromatics, the

effects of cinnamon are stimulating, heating, stomachic, carminative and tonic; but it is rather used as an adjunct to other remedies, than as a remedy itself.

The essential oil of cinnamon is one of the most powerful stimulants we possess, and is sometimes used as a cordial, in cramps of the stomach and fainting; or as a stimulant in paralysis of the tongue, or to deaden the nerve in toothache. But it is principally used as an aromatic to cover the less agreeable taste of other drugs.

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### CAYENNE PEPPER.—CAPSICUM ANNUM.—*The Fruit.*

Cayenne pepper is an indiscriminate mixture of the powder of the dried pods of many species of capsicum. These peppers have been chiefly used as a condiment. They prevent flatulence from vegetable food, and have a warm and kindly effect upon the stomach. Of late they have been employed also in the practice of medicine. There can be little doubt but they furnish us with one of the purest and strongest stimulants, that can be introduced into the stomach, while, at the same time, they leave nothing of the narcotic effects of ardent spirits. It may be given to the extent of six or eight grains, in form of pills; or, it may be combined with myrrh, in proportion of four ounces of the pepper to a pound of the latter and infused in alcohol, of which a tea spoonful may be taken at a dose. It is an admirable remedy for all painful affections of the stomach arising from flatulency, coldness, phlegm and debility.

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### CATNIP.—NEPETA CATARIA.

This useful and common herb is well known, and its virtues pretty generally understood, although many consider it too simple to deserve much attention. However, it is well for Physicians that catnip is slighted, for if it were used in



all cases where it might be with advantage, their services would be less frequently required.

Catnip is an elegant warm cordial aromatic; and in infusion promotes perspiration.

### CHERRY, (*wild.*)—VIRGINIANA.—*The Bark.*

The bark of the wild cherry tree is powerfully tonic, and has been frequently substituted for the Peruvian bark with great success. It is slightly narcotic, contains a considerable proportion of the prussic acid, and commonly produces drowsiness in those who take it. The bark of the root is more powerful than that of the trunk. It has been found useful in dyspepsia and in diseases of the lungs. A strong decoction of the bark is anthelmintic. Very excellent effects have been produced by washing ill conditioned ulcers with a decoction of the bark. The bark of the root, in form of tea or tincture, is good in jaundice, in agues, and intermittent and bilious fevers, and for female obstructions.

### CLEAVERS or GOOSE-GRASS.—GALLIUM APARINE. *The Herb.*

This vine-like grass grows in hedges, on low grounds, in meadows and near brooks. It rises from four to six feet in height, climbing the bushes near it. The leaves are eight in a whorl, lance-like, and the upper side whitish, with sharp prickles: stem square, the angles being guarded with sharp prickles bent down; flowers small, inconspicuous and divided into four segments; these change into a fruit, rather large, composed of two berries slightly adhering together, and covered with hooded prickles containing two seeds.

Cleavers is one of the most valuable diuretics that our country produces. It is an excellent and speedy medicine in all suppression of the urine and gravelly complaints, and is a powerful discutient. It has also been found beneficial in the cure of the scurvy, and spitting of blood. The ex-

pressed juice of this plant, mixed with oat-meal to the consistence of a poultice, and applied cold over an indolent tumor, three times a day, keeping the bowels open in the meantime by castor oil, and taking a table-spoonful of the juice every morning, will often disperse it in a few days.

Infusions of this herb should always be made in cold water, heat destroys its virtues. Three or four ounces of the dried herb to a quart of water is sufficient; this should be drank for common daily drink. It is an admirable remedy in gravelly disorders, often curing them entirely, alone.

It seems to possess a solvent power over the stone or gravel, crumbling it into a sandy substance, so that it is discharged without difficulty. When urinary obstructions proceed from a collection of cold, slimy or muddy substance in the kidney's or bladder, this effectually clears it out in all cases. In inflammatory affections of the kidney's or bladder, the cleavers infusion is peculiarly applicable, from its cooling, as well as diuretic quality.

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### COLOMBO.—*The Root.*

Colombo root is emetic and cathartic when fresh; tonic, antiseptic and febrifuge when dry. It yields its bitterness to water, but proof spirits is its proper menstruum. The doses are two drachms of the powders, or one or two ounces of the infusion. The root ought to be collected from the fall of the second year to the spring of the third year of its growth. This root is a powerful antiseptic and bitter, and is used with great success in diseases of the stomach and debility. It has cured a wide spread gangrene of the lower limbs by internal use and external application, when bark fails. It avails in intermittents, like other pure bitters, and is extensively used in the western States, in fevers, cholics, gripings, nausea, relaxed stomach and bowels, indigestion, &c. As a purgative, it is substituted for rhubarb in many cases, particularly for children and pregnant women, being found serviceable in the constipation of pregnancy. It has

the advantage of not heating the body. Cold water is said to add to its efficiency, and prevent nausea or vomiting. A tea spoonful of the powder in hot water and sugar, will give immediate relief in case of heavy food loading a weak stomach. It is a good corrector of the bile, alone, or united with other bitters. It is advantageously employed in consumptions, dyspepsia, jaundice, scurvy, suppressed menses, &c. The Colombo leaves, occasion sweat copiously when laid to the forehead, and will commonly relieve the headach; this will also apply to any kind of inflammation, rheumatism, &c. To finish the cure of fevers, it should be taken in some form, until the health is confirmed. Such is the efficacy of this root (says Peter Smith,) that when they who take it recover, they are indeed well at once, needing no other medicine. Bitters made of this root are proper to confirm health.

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#### COMFREY.—SYMPHITUM OFFICINALIS.—*The Root.*

It grows in meadows, near springs, and is planted in gardens for family use. The root is demulcent, and mucilaginous, similar to marsh mallows. It heals internal injuries and soreness, erosions of the intestines from diarrhoea, dysentery, &c., and prevents the spitting of blood. It is very beneficial in pulmonary affections, and coughs, promoting expectoration. It forms a good adjunct in many medicinal preparations. The root fresh bruised is a good application for bruises, ruptures, fresh wounds, sore breasts, ulcers, the gout, &c.

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#### CULVER'S PHYSIC.—SEPTANDRE VIRGINICA.

Root perennial, black or dark colored, many small fibres growing from a long woody candelax or head. Stems several, arising from the same root, round, somewhat hairy, growing from two to four feet high, branching, branches bearing on their tops a spike or tassel of white crowded flowers. Leaves in whorls, of four or five at a joint; long, narrow and point-

ed edges, set with unequal sharp teeth. Growing in wet-  
tish lands, near streams, and in open glades and plains.

The root is very highly celebrated by those best acquainted with its virtues and effect as an efficient purge, operating with mildness and certainty, without producing that depression of the living powers so common to other purgative medicines. In typhus and other billious fevers, it removes the black, tarry, morbid matter from the intestines, which it seems so necessary to carry off by some means or other, and does it in a most natural manner, without weakening the tone of the bowels or leaving behind it the poisonous sting so often remaining after the use of calomel: that almost universal cathartic in fevers. It is also a diaphoretic, antiseptic and tonic. It may be taken in doses of a heaping tea spoonfull, in half a gill of boiling water, sweetened if most agreeable, repeated in three hours if it do not operate.

### COLT'S-FOOT SNAKEROOT OR WILD GINGER.— ASARUM CANADENSE.

Is a warming stimulant; useful to promote perspiration, and may be used for that purpose in all cases of colds, female obstructions, whooping cough, fevers, &c. It may be made in a tea and administered in small doses frequently repeated, as it is apt to nauseate the stomach in large ones.

The dried leaves, reduced to powder, make an excellent snuff, which may be used in all diseases of the head and eyes; and the whole plant infused into beer makes it grateful and medicinal.

### COHUSH.—*Blue, White and Red.*—*The Roots.*

These several kinds of Cohush are principally distinguished by the color of their berries, their properties are supposed to be similar. The root of these plants is demulcent, anti-spasmodic, stimulant, emmenagogue and sudorific. It is prepared in infusion and tincture. Cohush is used for

rheumatism, dropsy, cholic, sore throat, cramps, hiccup, epilepsy, hysterics, inflammation of the womb. As a powerful emmenagogue, Cohush promotes delivery, menstruation, and dropsical discharges, and is serviceable in venereal complaints. It has been found efficacious in the cure of yellow fever. The black Cohush has a stalk from four to six feet high, producing white flowers, succeeded by shells which contain the seed. The root is externally black, and irregularly shaped, with many prongs or fibres. It is a powerful stimulant; good in rheumatism.

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CELANDINE.—CHELIDONIUM.—*The herb.*

Grows by running brooks, about two feet high, the stalks have larger joints than are common with other plants, and are very easily broken. It is generally well known. Twenty or thirty drops of the juice, or half a tea spoonful of the powdered root in new milk, morning and evening, is said to cure the dropsy, green sickness and cutaneous eruptions.

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CRANES-BILL OR CROW-FOOT.—GERNAIUM MACULATUM.—*The Root.*

This plant is perennial, has long slender stalks, from one to three feet high, with seven long narrow leaves or segments at a joint; flowers single, on long stems like a crane's bill, springing from the wings of the leaves. The root is crooked, knotty, of a blackish color on the outside and reddish within. It has an austere styptic taste, accompanied with a slight kind of aromatic flavor.

This root has long been held in great estimation by Botanic Physicians, as a very powerful astringent. As it contains but little resin, it is more particularly adapted to cases where heating and stimulating medicines are less proper, as in phthisical diarrhoeas, dysentery, &c. It is a better tonic than Kino, and therefore preferable to it in the treatment of morbid fluxes, connected with relaxation and debility. It is



extensively used in the country for all bowel complaints; but sometimes improperly too early. A decoction in milk is very good in looseness of the bowels and diarrhœa. A gargle of the decoction is useful in sore throat, and ulcerations or aphoses sores of the mouth and throat.

The doses are one to two ounces in infusion or decoction, two to four drachms in tincture, fifteen to forty grains of the powder, and ten to fifteen grains of the extract, which is a most powerful and efficient astringent. Joined with gentian, it cures intermitting fevers more effectually than Peruvian bark.

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### CRAWLEY or FEVER ROOT.

This root has not been known as an article of medicine, till within a few years, and has not yet attracted general notice. It grows in beds or patches, rises six or seven inches high, the leaves grow in a cluster from the top of the root; blossoms yellow, has a small black root, resembling cloves; has a strong smell similar to nitre.

This root is effectual in all remittent, typhus, nervous and inflammatory fevers, it equalizes the circulation, produces a general relaxation of the system, and brings a moisture on the surface. Prepare by pulverizing, and put in bottles cork tight, and after the stomach and bowels are well cleansed by cathartic, a half of a large tea spoonful of the powder may be given every twenty minutes in a cup of warm herb tea, till a moisture appears on the skin, or till five or six are taken.

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### CHARCOAL OF WOOD.—CARBO SIGNI.

This article has in many instances been found of great value as a medicine. My method of preparing it has usually been, to take the white or soft maple, cut and split it fine as ovenwood; set it in a miniature coal pit, and when well burned take it out, and put a small quantity at a time into an iron kettle, pound fine, and sift through a common sieve.

Then put the whole into an iron kettle over a fire and heat till red hot, and till the coal ceases to send out a smoke, then when cool enough put it into bottles and cork tight. In this way it may be kept for use uninjured, any length of time. As an external application to arrest mortification, it may be mixed with yeast in form of a medicated poultice. Internally it may be taken a table spoonful at a dose, more or less as the stomach will bear, two or three times a day. It may be mixed with water or milk, or any thing most convenient or agreeable. In habitual costiveness, dyspepsia and indigestion, this will be found a valuable remedy if persisted in a considerable length of time. It also removes assidity of the stomach and a foetid breath.

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**DANDELION.**—**LEONTADON TARAXACUM.**—*The Root and Leaves.*

This plant is generally well known, but its great value is duly appreciated but by few. It is an aperient, diaphoretic, diuretic, expectorant, tonic and alterative. In real liver complaints, costive habits, jaundice, dyspepsia, dropsy and consumption it may be used to great advantage. It may be prepared in decoction, but the expressed juice is far better.

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**DWARF ELDER.**—**SAMBUCUS EBULUS.**

It rises two or three feet in height, is herb-like, erect and prickly; leaves opposite, pinnated, composed of four or five pair, with an odd one at the extremity; flowers terminal, umbelliferous in scattered shafts; the fruit is a round, black, single celled berry, containing three irregular shaped seed. It grows in hedges and along road sides in almost every part of America. The juice and decoction of the roots has been found most efficacious in curing dropsies. It is a powerful hydragogue or water purge. A gill of the juice of the inner green bark works powerfully both upwards and downwards, and has frequently cured dropsies. For common use in

dropsy, two ounces of the dried root may be boiled to a quart, and a gill taken morning and night. One ounce of the inner green bark, dried, and one of the dry roots, may be boiled to two quarts; a tea cupful three three times a day works powerfully as a diuretic, and is good in suppression of the urine.

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### ELDER, SWEET ELDER.

This is a shrub generally well known. The inner bark, flowers and berries are used as medicines, being emetic, cathartic and diuretic. The young leaf buds are said to be cathartic in a high degree, too drastic or active for common use.

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### ELECAMPANE.—*INULA HELENIUM*.

The root of the Elecampane has long been celebrated as a valuable remedy for various complaints, particularly all diseases of the lungs, such as coughs, consumptions and asthmas. It likewise promotes urine and insensible perspiration, gently loosens the bowels, and possesses the general properties of a strengthening restorative medicine.

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### ELM, SLIPPERY ELM.—*ULMUS FULVA*.

Slippery Elm is now extensively used by every class of Physicians. I have within two years, prepared several tons of this article, by grinding, the most of which has been sent to the cities of the Eastern and Middle States. It is mostly prepared in a fine flour, a large tea spoonful of which may be briskly stirred in a pint of cold water, and this stirred into a quart of hot water and made to boil, seasoned with any agreeable spice, and sweetened to the taste, will be fit for use. And thus prepared, and drank freely, it will be found of great benefit in almost every disease, and hurtful in none. Especially in coughs, colds, influenza, pleurisy,



quinsy, dysentery, stranguary and inflammation of the stomach and bowels, it will be found eminently serviceable.

**FIRE WEED OR COLT'S TAIL.—ERIGERON CANADENSE.**  
*The Herb and Oil.*

This herb grows very common in our country, is generally known, but its great value is duly appreciated but by few. It is most frequently found in fields partially cultivated; grows about three feet high, bushy tops with very small flowers. It has a hard round stock seldom so large as the little finger. Its styptic power is very great. It may be prepared in decoction, but so much of its power is contained in a volatile principle, that it is greatly injured by boiling. Hence the oil extracted by distillation is by far the best form in which it can be used. This oil, as an external application is of great value for bruises, sprains and wounds generally. Applied to the back, in spinal affections, it seldom fails to give relief; also in piles, externally apply and take a few drops occasionally on sugar. In profuse or too long continued menstruation, this remedy is without a rival, from eight to twelve drops may be taken at a dose, and repeated at intervals of one hour, if necessary, till relief is obtained.

**GAMBOGE.—GAMBOGIA.**

Is a valuable constituent of cathartic compounds, but too severely drastic to be much used alone. It has however, been employed as a remedy for dropsy, in small nauseating doses with good effect. It is also used in large doses to expel the tape worm, three or four grains may be regarded as a cathartic in ordinary circumstances. In case too much is actually or imprudently taken, saleratus or pearl-ash water, drank very freely must be the remedy.

**GINGER.—AMOMUM ZINGIBER.**

Ginger root is brought from the East and West Indies.

And is generally ground and mixed with corn meal or some less valuable article before it is sold to the consumer. But I find that the root newly ground, sifted and put up in the former manner in which I furnish it, in any quantities, at a small additional expense, is worth three times as much as that usually bought at the shops. But for medicinal purposes the adulterated article ought not to be used. For in this respect it is of little or no value. The article when pure, is a grateful aromatic, and warming stimulant, very serviceable in flatulent, cholic's, laxity and debility of the stomach, and consequent dyspepsia.

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### GOLDEN SEAL.—HYDRASTIS CANADENSIS.

Root perennial, crooked, wrinkled, rough and nobby, of a bright yellow color, with many long fibers. Stem round, simple, straight, growing from eight to fourteen inches high, bearing commonly two rough leaves at the top, somewhat resembling the leaves of the sugar maple, in the center of one of which appears the flower, which gives rise to a fleshy, red, many-seeded berry. Found mostly in the Western States. The golden seal is a powerful and valuable bitter tonic; highly useful in all cases of debility and loss of appetite. It may be used alone or combined with other tonics. Very useful during recovery from fevers, for dyspepsia, or any other complaints, to remove the heavy, disagreeable sensation often produced by indigestible food.

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### GENTIAN.—GENTIANA AMERICANA.

Rises two or three feet in height; the stem strong, smooth and erect; the leaves which arise from the lower part of the stem, are spear-shaped, large ribs, and rough; those from the upper part are more ovate, smooth and sessile; large yellow flowers, produced in whorls, which grow along the stalks. It is perennial, and grows on the sides of roads, and in waste pastures. The root possesses the general

virtues of bitters in an eminent degree, and is wholly devoid of astringency. It is tonic, antiseptic, and in large doses, cathartic, and sudorific. It invigorates the stomach, and is very useful in debility of the digestive organs; it increases the appetite, prevents the acidification of food, enables the stomach to bear and digest solid food, and thus cures indigestion and dyspepsia. Compounded with astringents, it cures intermittents more sure than the Peruvian bark.

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### GOLD-THREAD.—*COPTIS TRIFOLIA*.

Roots perennial, creeping, with many fibers, color bright yellow. Leaves ever-green, on long slender petioles or foot stalks, growing three together. Flowers, white and yellow, growing on a separate stem rising to the same height with the leaves. Found in northern latitudes, in mossy swamps and bogs of ever-green woods.

Gold-thread is a pure intense bitter tonic, promoting digestion and strengthening the system; useful in all cases of debility. It has also been used as a powerful remedy in sore mouth canker, &c. The roots are the only part used, and may be given in the form of powder; or tincture, in tea-spoonful doses, two or three times a day.

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### HOARHOUND.—*MARRUBIUM VULGARE*.—*The Herb*.

This well known herb is common throughout the United States. It is much esteemed as a remedy in coughs and colds. But for these, and lung complaints in general, it is often used injuriously. Being too much of a drying nature, when used alone. But when prepared in extract and combined with a good expectorant, it is very valuable. My compound liquid, called "Balsam of Hoarhound," partake largely of this article, in conjunction with a variety of others, (see the article.)

## INDIAN HEMP.

Several articles are described by Botanic authors, which they call Indian hemp. But none appear to be the plant generally known by that name. The proper Indian hemp grows on the low lands, bordering on streams, generally below high water mark. The root mostly consists of numerous long white fibers, running directly down, the stalks grows four or five feet high, as large as the little finger, bearing a heavy coat like hemp. It is powerfully diuretic, hence good in dropsy. And it is also a most valuable vermifuge.

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 INDIAN TURNIP.—ARUM TRYPHILLIUM.—*The Root.*

This root is violently acrid, pungent and even caustic to the tongue, but not to the skin. It burns worse than cayenne pepper. It is powerfully acrid, stimulant, restorative, expectorant, carminative and diaphoretic. The fresh roots are too caustic to be used internally, unless much diluted with other articles; and when dry they lose much of their power, unless they have been dried very quick, or kept buried in sand or earth. It must be used in substance with milk, molasses, honey, or comfrey sirup, and such like, since it does not impart its pungency to any liquor; or the fresh roots must be grated, or reduced to a pulp, with three times its weight of sugar, thus forming a conserve, which may be taken in doses of a tea spoonful three times a day, for colds, coughs, &c. In these forms it is used for flatulence, cramp in the stomach, asthmatic and consumptive affections. It quickens circulations, and is a useful stimulant in cold phlegmatic habits. It has been found beneficial in lingering decay, debilitated habits, great prostration in typhoid fevers, deep seated rheumatic pains, or pains in the breast, chronic catarrh, &c.

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 LADY-SLIPPER, (*Yellow.*)—AMERICAN VALERIAN, CYPRIPEDIUM PUBESCENS.

[From the invaluable work of the late Horton Howard, I

extract the following almost entire, with several others of minor importance.]

“Root perrennial, of a pale or dark yellowish cast, with many long, round, crooked fibers, growing in mats. Stems one to five, growing from the same root, rising one or two feet, bearing from three to seven leaves, and from one to three yellow flowers. Leaves alternate, sheathing the stem with many parallel nerves, giving them an uneven appearance. Found all over the United States; inhabiting all kinds of soil, but most common in wet lands or swamps.

There are several species as well as varieties of the umbil, some smooth and some hairy; and exhibiting a diversity of color in the blossom. But all very nearly correspond in the shape of the flower, which is of a singular hollow, bag-like form, open at the top, compared by some to a moccasin; and hence, by Indians, termed moccasin flower.

The lady's slipper is one of the most valuable articles of vegetable medicine. Its operation upon the system appears to be in harmony with the laws of animal life, giving tone to the nervous system; and hence is useful in all cases of nervous irritation, hysterical affections, spasms, fits, and all derangements of the functions of the brain; such as madness, dilirium, &c., and in all cases of inability to sleep, particularly in fevers, consumptions, &c. The roots are the only part used, and ought to be gathered in the spring before the tops begin to grow much, or in the fall after they begin to die. After digging, they must be carefully separated, washed clean and dried in the sun, or in a dry airy room. When fully dry, they should be packed away in barrels, or pulverized and bottled for use. Doses, one tea spoonful in hot water sweetened, repeated as often as necessary.”

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### LOBELIA.—LOBELIA INFLATA.

Lobelia is a common plant in most parts of the United States, growing by the road side, rarely in woods, in the greatest abundance in stubble fields, especially the next



season after the crop is taken off. This plant being biennial, throws out the first year, only a few radical roundish leaves laying close to the ground; the next year it produces the stem, branches, and seeds.

The leaves and roots of the first year are as powerful as the mature plant, excepting the seeds, which are the strongest. The lobelia is the most valuable and efficient emetic known; its full merits being scarcely appreciated even by those who are in the habit of making frequent use of it. It also acts as a sudorific, expectorant, and diffusible stimulant; and for the relief and even cure of asthma, and as an antispasmodic, its equal has not yet come to the knowledge of the world. As a stimulant it extends its effects to every part of the system, removing obstructions, and restoring a healthy action wherever the one exists, or the other is needed. A diversity of symptoms attend the operation of lobelia emetics, evincing the magnitude of its power, and the surprising energy of its operation on the human system, which often terrify those who are unacquainted with its superior and astonishing influence and efficacy in arresting diseased action, and restoring health and harmony to the human machine. Its effects are different on different individuals, and upon the same individuals at different times.— Sometimes there will be severe pain in the stomach and bowels; strange, agitated, and indescribable, but not always unpleasant sensations. But the patient may be assured that we have never seen or known of an instance in which those alarming symptoms, produced or were followed, by any permanently bad effect. They are probably caused by the restoration of a healthy action to diseased parts, which have long been accustomed to a morbid sensibility, and diseased action. A healthy operation being thus suddenly restored, and the organs not being properly prepared to receive the new impulse, an unusual and oftentimes alarming train of symptoms are produced. But this state is generally of short duration; the organs soon become accustomed to their new and healthy action, the perturbation of nature subsides, and the patient feels no ill effects from the previous unpleasant

symptoms. The prejudices that have been excited against this article; and the abuse which has been heaped upon it, have all arisen from malice, or ignorance of its value.—None who have witnessed its effects, when properly used, can condemn it, honestly and sincerely. It is as innocent and safe as any other emetic; much more so than emetic tartar; and I think there is not much doubt but that it is more effectual than all others. The bug-bear stories of its mortal effects, which have been so industriously circulated by a certain class of Physicians, have no foundation but in malice and vexation, and are now getting quite stale.

Lobelia may be prepared by pulverising the seeds; or the leaves, seed and pods, and steeping in warm water, to be given in the proportions of half a tea spoonful of the former, or a whole tea spoonful of the latter every ten or fifteen minutes till a free evacuation is affected. Not unfrequently it requires to be given once or more after vomiting commences. A tincture of the green, or dry herb may be given in like manner with good effect.

A warm tea of the diaphoretic powders, cayenne, ginger or some other warming stimulant ought to be taken previous to taking the emetic, and during its operation warm herb drink or warm water ought to be taken freely, sometimes an acidity of the stomach will prevent the operation of an emetic, in such case a little saleratus water or white lye will promote its action.

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#### MANDRAKE OR MAY APPLE.—*PODOPHYLLUM PELTATUM.*—*The Root.*

This well known plant rises from two to three feet high, branching into two stems, each bearing on its top two large umbrella-like leaves; flowers yellowish, producing a large fruit something like a lime, and from whence it derives its name of yellow May apple. The roots are sometimes as large as the little finger, very long and milky. It grows on uplands, in meadows and woods.

Mandrake root, pulverized, is one the best native emetics

and purgatives which this country affords. It purges thoroughly and efficiently in average doses of twenty grains. A common dose will often vomit, but in the most gentle manner; and in a larger dose it vomits pretty certainly and effectually. Its cathartic operation is generally slow, often remaining twenty-four hours, and sometimes it produces considerable distress, particularly if the stomach is very foul; but this is more than compensated by the thorough and cleansing manner in which it performs its work. It is usually given in a little cold water on going to bed. It may be combined with aromatics to render its action milder, or with more active cathartics to quicken its operation. As an anthelmintic it often destroys worms.

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**MAY-WEED.**—**CORTUTA FOETIDA.**—*The Leaves and Flowers.*

Sometimes called wild camomile. This herb rises two feet high; leaves ovate; flowers yellow, resembling camomile flowers, but smaller. It grows by the road sides in low grounds. The leaves are a powerful sudorific, and answer all the intentions of camomile flowers, except that they are inferior in strength. In fevers and common colds, where perspiration is necessary, these may be employed to good advantage.

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**MALLOWS.**

Grows in almost every door yard. There are two kinds, but the properties of both are the same. It is mucilaginous, and useful in dysenteries, gravel, stranguary and scalding of urine.

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**MOTHERWORT.**—**LEONURUS CARDIACA.**—*Root & herb.*

This valuable plant has a hard, square, brownish, strong stalk, rising from two to four feet high, spreading into many branches, leaves broad and long, two at every joint, notched

about the edge. From the middle of the branches to the tops, grow the flowers round about them, in sharp pointed, rough, prickly husks or burrs, of a red or purple color. The root sends forth a number of long strings and small fibres, of a dark yellowish color.

Motherwort is an excellent anti-spasmodic and emmenagogue, and is also a cordial diaphoretic. It may be given in powder a table spoonful at a dose; or the expressed juice, half a table spoonful; or in infusion. It relieves hysterical symptoms, procures sleep, abates delirium and allays spasms and risings of the uterus; it is admirably adapted to the cases of those females who suffer pains from the tenderness about the lower bowels and loins. It brings on the menses. As a warm cordial, it may be used in low fevers, and in chronic weakness, with nervous affections, cramps and convulsions.

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#### MUSTARD.—*SINAPIS NIGRA*.—*The Seeds*.

This garden plant is so well known, as to need no description. It is a warm stimulating medicine in cold phlegmatic habits, and where the blood is torpid and inactive; it quickens the circulation and enlivens the system. It is a strong diuretic, and may be used with advantage in dropsies, chronic rheumatism and palsies; also in intermittent fevers. A tea spoonful of the powdered seeds may be taken night and morning. A poultice of bruised mustard seed, alone or combined with horse radish, and mixed with vinegar and crumb bread, forms a strong drawing poultice when applied to the soles of the feet or palms of the hands, to bring the circulation into the extremities and relieve pain in the head. These may be employed in fever and many other complaints with great benefit.

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#### MYRRH.—*MYRRHA*.—*The Gum*.

Myrrh is the produce of a shrub growing in the East Indies. The best myrrh is somewhat transparent, of a uniform

brownish or reddish color; of a slightly pungent bitter taste with a strong aromatic not disagreeable odor, though nauseous to the palate. In its medicinal effects, this aromatic bitter, when taken internally, is supposed to warm and strengthen the stomach and other viscera; it frequently occasions mild sweats, and in general promotes the fluid secretions. Hence it has been used with advantage in cases of debility; in diseases arising from suppression of the urine, or from inordinate discharges, in cachectic habits, and those persons whose lungs and throat are oppressed with viscid phlegm. It is supposed to be useful in malignant and putrid fevers, from its antiseptic quality. For these purposes it should be taken in doses of half a drachm or upwards.—The common dose is from twenty to thirty grains. The tincture is often used.

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#### NETTLE.—URTICA DIOICA.

A well known weed, growing in rich lands, either dry or slightly moist, covered with sharp prickles, which, when applied to the skin, irritate and inflame very much. Hence, useful in palsy, applied to the diseased side or limbs. Used in decoction for gravel, inflammation of the kidneys, pleurisy, spitting of blood, and all hemorrhages; the juice is said to be the most powerful styptic known. Also highly recommended as a tonic in fevers; the seeds and flowers, to be taken in doses not exceeding one eighth of an ounce three times a day.

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#### NANNY-BERRY BUSH.—*The Bark.*

The shrub known by this common name, grows in most parts of this country and probably throughout the United States. I know of no other name than the above for it, except black haw. It rises from five to eight feet high; bark very rough, and of a dark grey; leaves long; berries hang in clusters, and turn black after frost. It grows in marshes and low pastures. The bark is an excellent tonic; is con-



sidered superior to the Peruvian bark, and may be used for the purposes to which that is applied.

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### OAK.—QUERCUS BOBUR.—*The Bark.*

The bark of this valuable tree is a strong astringent, and possesses tonic and anti-septic virtues. White oak bark exceeds in astringency the Peruvian bark, and falls but little if any, short of it, in its tonic powers. Hence we have a valuable domestic substitute for Peruvian bark, which is successfully employed in hemorrhages, uterine, whites, &c. It may be taken in powder or decoction. It has been used successfully in intermittents. In checking gangrene, it has succeeded when Peruvian bark failed. It was given in decoction in very large quantities, and the affected part was constantly kept wet with the same.

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### OPIUM.—*The Gum.*

Of this article I make but little or no use alone, but it is a valuable constituent of various compounds. Its narcotic power is too great to be used much alone, as it is variable in its effects. At one time we may give a quantity so small as to produce no sensible effect, and at other times the same quantity would prove fatal.

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### PENNYROYAL.—HEDOEMA PULEGIOIDES.—*The Herb.*

This plant has a small fibrous, yellowish, annual root, upright stem, with slender erect branches; leaves opposite, small, oblong, rough, and pale beneath; flowers all along the branches, in auxilliary whorls of six, very small, white with purple edges. Pennyroyal is very common and abundant all over the United States and grows principally in dry soils. The taste and smell are very pungent and bitterish.

It is carminative, resolvent, pectoral, diaphoretic, anti-

spasmodic, emmenagogue, stimulant, &c. It is a deservedly popular remedy throughout the country for female complaints, suppressed menstruations, hysterics, &c. It is chiefly beneficial in obstructed menses, and recent cases of suppressions, given as a sweetened tea, and used as a bath or fomentation. It promotes expectoration in the whooping cough, it alleviates spasms, pains in the hips, and the spasmodic or dyspeptic symptoms of menstruations. It is also used in palpitations, fevers and gout. It is employed extensively for colds, cholics of children, to remove obstruction, warm the stomach and promote perspiration.

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#### PARTRIDGE BERRY.—*The Vine.*

Also called squaw vine, winter clover, one berry. This is a small vine on the ground, with small, round, green leaves, like those of clover, and bearing one red berry in a place. It is green through the winter. It is found in the woods, among hemlock timber and in swampy places.

Dr. Elisha Smith observes that this is an invaluable plant for child-bearing women; and that he first obtained the knowledge of its use from a tribe of Indians in the west part of New York, though not without considerable difficulty and intrigue. And that the squaws drank it in decoction for two or three weeks previous to, and during delivery, and it was the use of this herb that rendered that generally dreaded event, so remarkably safe and easy with them.

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#### PEPPERMINT.—*MENTHA PIPERITA.*

Very common in wet land. Hot and pungent, being the strongest of all the mints. Useful to check nausea and vomiting, to expel wind, relieves hysterics, and prevent the griping effects of cathartics. Bruised and applied externally to the stomachs of children, it is useful to allay sickness and vomiting. It is mostly used in the form of essence.

## POPPLE, QUAKING ASP, QUIVER LEAF, ASPIN.—

POPULUS TREMULOIDES.—*The Bark.*

The quaking asp is a common tree in most parts of the country, growing to various sizes, some trees large enough for sawing timber. The leaves are round, smooth and jagged, and the petioles or foot-stalks, being flattened transversely with the surface of the leaves, the least breath of air agitates, and keeps them in motion; whence the name of quaking asp, &c. There are several species of the popple, all valuable for medicine, but that with tags is considered best. The bark of this tree affords one of the finest of bitter tonics. It may be used in powder, decoction, or tincture, for diarrhoea, obstructions of the urine, indigestion, faintness at the stomach, consumption and worms. The bark may also be pulverized and compounded with other tonic, and used in all cases where tonics are indicated.

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## PERUVIAN BARK.—CINCHONA.

Of this well known article I shall say but little; not to depreciate its value, but because our country abounds with articles which will well supply its place in every instance, and hence it is not a very essential article with Botanic Physicians. And as to the Medical Faculty in general, the sulphate of quinine is so extensively used that they have but little need of this. The simple extract of the bark is a valuable article. But of the quinine we cannot speak so favorably while we consider its blighting and deadly influence which prevails thro'out the length and breadth of the land. But whether this deleterious influence is caused by its association with other articles, to effect a chemical separation, or whether it is referable to its adulteration by the use of arsenic, I cannot say with certainty. But from its effects I am led to conclude that there can be but little doubt, that they who take quinine must be liable to take arsenic with it.

PEACH.—*AMYGDALUS AMERICANA*.—*The Leaves, Blows and Pits.*

The flower and leaves of the common peach tree, are an excellent remedy for worms in children, and I have often had recourse to them when other means failed. A handful of the leaves and flowers, or leaves alone, may be steeped, and the decoction given repeatedly in small doses, followed by a purge, which will usually bring away the vermin.—This decoction is said to be effectual in removing urinary obstructions. Peach pits tinctured in brandy, in proportion of four ounces to a quart, form a powerful tonic in all cases of debilities, fever and ague, &c., and is remarkably efficacious in curing the whites. A tea spoonful of this preparation may be taken three or four times a day.

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RHUBARB.—*RHEUM PALMATUM*.—*The Root.*

This root is a native of China and the East Indies, but is now cultivated in both Europe and America. The rhubarb employed in medicine is imported from Russia, Turkey, and the East Indies. But that which is raised in our own gardens, if allowed to attain to the age of six eight or ten years, is said to be equally as good or better than the imported. Rhubarb is a fine mild and tonic purge, very useful in bowel complaints, as it has a tendency to leave the bowels in a costive state; it therefore should never be used in costive habits. Dose from one to two tea spoonfulls. A very elegant and pleasant medicine for children may be made by scorching or rather roasting, but not burning, pulverized rhubarb, and putting about one ounce to a pint of brandy, with enough essence of cinnamon to give it a good flavor, and then sweetening very sweet with loaf sugar.—This, in a tea spoonful or larger doses, is a very valuable remedy for all bowel complaints.

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RED RASPBERRY.—*RUBUS STRIGOSUS*.

There are several species of the raspberry good for med-

ficine, but the red is the kind most highly recommended, the leaves of which are the part used. The stem grows from two to four feet high, commonly straight and without branches, very thickly covered with stiff hairs. The leaves are somewhat similar to the common black raspberry leaves, pale green on the upper, and almost white on the under side.

No author, we believe, has mentioned this article medicinally but Dr. Thompson: The leaves are a valuable astringent; in decoction, useful in bowel complaints, and for external application, to moisten poultices for burns and scalds, and for washing sore nipples. A strong tea is an excellent article, says Dr. Thompson, to regulate the pains of women in travail.

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#### SANICLE OR BLACK SNAKE ROOT.—*SANICULA MARYLANDICA*.

Root small, fibrous and black. Leaves growing at the top of a long naked stem, five in a whorl, several stems rising from the same root. The scape or flower stem rises considerably higher than the leaf stalks, with two or three whorls of small leaflets near the top. Flowers few, white, in terminal corycombs. Growing in wood or thickets to the height of eighteen or twenty-four inches.

A tea of this root is considered by some of the Indians as a sovereign remedy for rattle snake bite. For this purpose, take three bunches of roots and boil them in a pint of water, and drink in divided doses, at intervals of twenty or thirty minutes. At the same time prepare a decoction of the leaves and stems, and bathe the bitten part. By pursuing this course, the Indian doctors say they can cure a snake bite although it may have happened two days previous to the application. The Sanicle is also a good remedy for sore throat, croup, hives and other diseases of the skin, and for fevers. They use it in tea, or chew the root and swallow the juice. One Indian said he was cured of a fever with this article, after other remedies had failed.



## SENECA SNAKE ROOT.—POLYGALA SENEGA.

Root perennial, firm, hard, branching, crooked and woody. Stems many, annual, smooth, occasionally tinged with red, from eight to twelve inches high. Leaves numerous, alternate or scattered; long, narrow and pointed; bright green on the upper, and pale on the under side. Flowers white, in a close terminal spike. The spike opens gradually, so that the lower ones are in fruit while the upper ones are in blossom. The root has an unpleasant and somewhat acrid taste, and is the part to be used. Grows in most parts of the United States, generally on the sides of hills, and in dry woods. The Seneca Snake root is deemed an antidote to snake bites, as well as being stimulant, diuretic, expectorant, emetic, purgative, sudorific and emmenagogue. Useful in coughs, pleurisies, asthma, croup and female obstructions. It may be given in powder, tea or sirup. The proper dose of the powder is from one third to half a tea spoonful, every three hours, until the desired effect is produced. For the croup of children, the decoction is used, which must be made strong, and given in tea spoonful doses every hour or half hour, as the urgency of the symptoms may demand, until it acts as an emetic and cathartic. During the intervals between giving the tea spoonful doses, a few drops should be often administered, so as to keep up a sensible action in the throat; and this must also be continued after the vomiting, by which means, in the course of from two to eight hours, a membrane is oftentimes discharged by the mouth, of one, two, or even three inches in length; though sometimes swallowed and discharged by stool. Nothing ought to be drank for some minutes after each dose.

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## SPEARMINT.—MENTHA VIRIDIS.

Grows on the banks of streams, and in wet lands; has a warm, rough, bitter taste, and strong aromatic smell. Used in decoction, oil or essence, for complaints of the stomach,

and to expel wind. Also very valuable to remove sickness at the stomach, and to check vomiting.

Dr. Beach, in "American Practice," recommends what he terms "the spirits of mint," which is made by bruising the green plant, and adding sufficient fourth proof Holland gin to make a saturated tincture, which makes a preparation remarkably efficacious in suppressions of urine, gravelly affections, &c. The dose of this preparation is a wine glass full, drank as often as the stomach will bear. Cotton wet with the above liquid, and applied to piles, affords immediate relief.

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### SUMACH.—RHUS GLABRA.

The common up-land Sumach rises to the height of from five to ten feet, producing many long compound leaves which turn red in autumn. The berries are also red when ripe, and are of an agreeable but very sharp acrid taste. The bark, leaves or berries may be used as medicine, and possess valuable properties, being astringent, tonic and diuretic. Either of them may be used in strong decoction, in all cases in which medicines of this class are needed. The berries made into a tea and sweetened, make a pleasant drink for children.—The bark of the root is said to be a mild cathartic.

In stranguary, the Sumach is said to promote the discharge of urine, relieving difficulties of the kidney's, and strengthening the urinary organs.

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### SWEET FLAG.—CALINUS.—*The Root.*

This well known root I do not find mentioned by any Botanic authors. And cannot but wonder it is so; for surely it has long been known as a medicine of considerable value. It is a valuable tonic, carminative and vermifuge. In the cholera morbus it surpasses all remedies with which I am acquainted. A tea spoonful of the dry root grated or pulverized, taken every fifteen minutes will seldom fail to give relief, or the green root may be steeped and given.

SILK WEED.—*ASCLEPIAS SYRIACA*.

This is the common silk weed, which so plentifully abounds in almost all parts of the country, bearing a large pod, containing a silky substance, which has sometimes been mixed with cotton and spun into yarn, for gloves, candle wick, &c., and has also been made into paper, hats, and even put into beds. It produces a most beautiful blossom, of a delightful lilac color, at the termination of the branches at the top of the plant. The root has lately been found effectual in the cure of the dropsy. It is a powerful diuretic, sudorific, emmenagogue, &c. Boil eight ounces of the dry root, in six quarts of rain water, to three; of this a gill may be taken four times a day for dropsy, increasing the dose according to the effects. For other complaints, a larger dose may be taken. Or the roots in tincture with gin, may be used in dropsy and gravelly disorders.

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SARSAPARILLA.—*SMILAX SARSAPARILLA*.—*The Root*.

This root is principally brought from the Spanish West Indies and Central America. It is, however, found in abundance on the Ohio river, and in considerable quantities in other parts of the United States, though it is inferior in strength to that procured from the tropical climates. The roots consists of a great number of long strings, hanging from one head. The long roots are of a blackish color outside and white within, about the thickness of a goose quill. They have a glutinous, bitterish, not ungrateful taste, and no smell. About two centuries ago it was introduced into Spain as an undoubted specific in syphilitic disorders; but owing to the difference of climate, or other causes, it has not answered the character which it had acquired in Spanish West Indies. It is now considered, as capable of improving the general habit of body, after it has been reduced by the continued use of mercury. It is under these circumstances that its most beneficial effects are perceived, as it generally free's the patient from the distressing sequel to a mercurial

course. The root of sarsaparilla is sometimes employed with success in rheumatic affections, scrofula, and cutaneous complaints, where an acrimony of the fluids prevails.—Sarsaparilla is usually combined with sassafras, guaiacum, liquorice, and other substances in a decoction or sirup.

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**SASSAFRAS.—LAURUS SASSAFRAS.—***The Wood, Root, and its Bark.*

This tree is a native of North America. The wood, root and bark are used; they have a moderately fragrant smell, and a sweetish aromatic taste. Sassafras is a warm aperient and strengthening medicine; it has often been successfully given in the form of infusion and decoction, for improving the tone of the stomach and bowels, in persons whose humors were in a vitiated state. The essential oil is highly stimulating and heating, and must be given in very small doses, being a sudorific and diuretic remedy. The bark is useful in intermittants: and the oil is said to be efficacious, applied externally to wens and indolent swellings.

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**SPIKENARD.—ARALIA RACEMOSA.**

Roots perennial, brown or brownish yellow, tapering, several growing from one common head, about the size of a finger. Stems sometimes one, sometimes more, arising from the same root, from two to four feet high, reddish brown, and some what branched. Leaves biternate, consisting of nine folioles or smaller leaves. Flowers growing in umbels, of a yellowish white. Berries resembling small elder berries. The roots and berries are the parts used, and are popular remedies throughout the United States, for coughs, female weakness, and as general tonics. Used in tea or sirup.

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**SOLOMON'S SEAL.—CONVALLARIA POLYGONATUM.—***The Root.*

This plant rises six or eight inches in height; leaves



lance-like, and of a dark green color; flowers in umbles, and hang on the lower side of the leaning stalks, producing red berries. It grows on the sides of meadows, high banks and mountains, in every part of the United States. The roots are astringent, incrassant and corroborant; the flowers, berries and leaves are acrid and poisonous. The sweet mucilage of the roots applied as a poultice, is good in inflammation and piles. A handful each of solomon's seal and comfrey root, bruised and infused in two quarts of wine, is a valuable remedy for the whites, and other female weaknesses, when taken in quantity of a wine-glassful three times a day.

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### SWAMP SNAKE ROOT, OR NUNK ROOT.

Grows by the side of streams on lands, so low that they are generally overflowed at some seasons of the year. It rises six or eight inches, the leaf is round with notches on the edge; the color of the root is purple, the smell is fragrant and agreeable. It is used in coughs, and consumptive habit. And it has been found of great service in female debilitated circumstances occasioned by a want of regularity in periodical evacuations; hence it is denominated by some, the female regulator.

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### STRAMONIUM OR THORNAPPLE.

Grows plentifully by the road sides in most parts of our country from four to six feet high, stalks long, with branches, at the junction of which, with the stalk, arises a white flower, which is succeeded by a prickly pod about the size of a hens egg, containing seed, hence it is named "Thorn-apple." It is also called stink-weed from the circumstance of its having a very offensive smell.

Dr. Elisha Smith observes that this loathsome weed is one of those bounties of nature scattered almost every where, and possessing energetic medical powers. It is narcotic, anti-spasmodic, anti-epileptic, anodyne, sedative, &c., and



externally, refrigerant, detergent, resolvent, &c. It has been strongly recommended in epilepsy, rheumatic pains, tie douloureux, gout and all kinds of pains, mania, convulsions, asthma, St. Vitus Dance, sciatica, &c., and externally for burnings, scaldings, tumors, ulcers, cancers and piles.—It sometimes fails from want of care in its administration, or from too great a quantity; it then produces vertigo, confusion of mind, dilatation of the pupil, loss of sight, headache, nausea, faintness, delirium, convulsions, lethargy and death. Vinegar neutralizes it, preceded by an emetic. Many preparations are made for internal use, as the powdered leaves, extract, decoction, juice and tincture. For external use, an ointment is made by simmering one pound of the fresh leaves in three pounds of lard. The doses for internal use, are to begin very small, viz. one grain of the powdered leaves or extract; one quarter of a grain of extract from the seeds, and fifteen to twenty drops of the tincture, to be used two or three times a day, gradually increasing the quantity, each day, if found admissable: If it effects the sight, which may readily be discovered by looking into a book, the dose or its frequency must be diminished.

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#### TANSY.—TANACETUM CRESPUM.—*The Herb.*

This herb has a warm bitter taste, not ungrateful to the palate. It is an excellent tonic, stomachic, deobstruent and emmenagogue, and has a favourable effect in hysteric disorders. The leaves and seeds have been in considerable esteem as anthelmintics, and are given in doses to from one scruple to one drachm. The decoction of tansy, or the juice drank in wine, is useful in stranguary and other obstructions of urine, and in weakness of the kidneys.

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#### UNICORN STAR ROOT OR BLAZING STAR.—*HER- ONIAS DIOICA.*

Root perennial, rather smaller than the little finger, ir-

regular, from one to two inches long, of a dry dark color, very hard, full of little pits, rough and wrinkled, having numerous small, darkish colored, fibrous roots, which, when deprived of their outside bark somewhat resembles hogs bristles; end of the candex or main root often dead or rotten. Leaves radical, pale, smooth ever-green, lancolate, and in the winter laying flat on the ground in rays resembling a star, whence some of its names. Stem from eight to eighteen inches high; upright, naked, terminating in a spike or tassel of white dioecious flowers, that is, bearing male and female flowers on different plants. Found in thin soils. The root is the part principally used, and is highly celebrated as a tonic, and general strengthener of the system. Dr. Roger's says it relieves cholic, stranguary, rheumatism and jaundice. It also has a powerful tendency to prevent abortion, and those who are liable to accidents of this kind, ought to make frequent use of it.

Half a tea spoonful of the powdered root may be taken three times a day in a gill of warm water; or, for ordinary use, a portion of it may be added to the bitter tonic. By some it is highly valued in suppressed menstruation.

The Unicorn is also an excellent remedy for coughs, consumptions, and all complaints of the lungs promoting expectoration and insensible perspiration. The constant use of it, however, sometimes makes the mouth sore, when it must be laid by, and some other expectorant used until the mouth gets well, and then it may be resumed again.

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#### VERVAIN, VERVINE OR PURVIN.—VERBEND HASTALA.

Vervine is a common plant growing at the road sides, in unploughed fields, and in open waste lands. There is three kinds or varieties, different in their appearance, as well as in the color of their blossoms, being white, red and blue. It is said to be a good emetic, ranking among herbalists who are accustomed to use it, next to the boberea, and is said by Dr. Thompson, to have cured the consumption. It is an excellent sudorific, and may be used in decoction in all cases of colds or obstructions of any kind.

**WINTER GREEN.—GANTIERD REPENS.**

Winter Green is stimulant, anodyne, astringent, emmenagogue, antispasmodic, diaphoretic, milky and cordial; and a popular remedy in many parts of the country. It is generally used cisated, but the essence and oil possess eminently all the properties, and are kept in the shops. The tea is used as a palliative in asthma to restore strength, promote menstruation; also in case of debility in the secondary stage of diarrhœa, and to promote the secretion of milk in the breast; it is a very agreeable and refreshing beverage. The oil relieves the toothache, or allays the pain of carious teeth.

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**WHITE POND-LILY.—NYMPHÆALD ODORATA.**

Root perennial, nearly the size of one's rist, very long, somewhat hairy, horizontal, blackish and knotty, always growing in the water. Leaves large, round, cleft from the edge of the stem which is the center, each lobe ending in a short, acute point, upper surface smooth and glossy, without veins, lower surface reddish, with radiating nerve; flowers large, white, giving out a sweet odor, opening to the sun in the morning and closing at night.

The root of the white pond-lily is a very valuable article of medicine, for either internal or external use. Internally it is an astringent tonic, used in diarrhœa, dysentery and all cases of debility. Externally, it is useful in poultice, for hiles, tumors, inflammations, ulcers, &c. The leaves are also useful for the same purpose. The fresh juice of the roots mixed with lemon juice, is said to be good to remove freckles, pimples or blotches from the skin. A tea of the root may be used at discretion, or it may be compounded with other astringent or bitter articles, and employed as a tonic.

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**WHITE ROOT.—ASCLEPIAS TUBEROSA.**

This root has a large, white, crooked, branching, perren-

nial root, sending up several erect, though often decumbent, round, hairy or wooly stems, branching at the top, green or red. Leaves promiscuous, very hairy, pale on the under side, of an oblong shape, and thick or fleshy. Flowers in interterminal corymbase umbels, of a most brilliant orange color, distinguishable from all the flowers of the field.

The white root is highly extolled for the cure of the pleurisy, all cases of difficult breathing, or shortness of breath, and in short, all diseases of the lungs. In every affection of this kind, it may be regarded as one of the most valuable of the milder articles of the materia medica; and as a diaphoretic, is by some thought to be unrivalled.

In practice, it may be used alone in strong decoction, or in substance, giving it in tea spoonful or larger doses, repeated as often as the exigency of the case may require. Or it may be very profitably combined with other diaphoretics, or with the bitter and astringent tonics, as it cannot be used amiss in any complaint. It also acts as a very mild purge, which makes it peculiarly applicable to the bowel complaints of children. It relieves pain in the breast, stomach and intestines; prompts perspiration and assists digestion, and acts as an expectorant and carminative.

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### WITCH HAZEL.—HAMAMELIS VIRGINIANA.

The habits of this well known shrub are very singular; it blossoms in the fall after its leaves are destroyed by frost, and the fruit, thus exposed to the severity of winter, is not injured at all, and does not ripen until autumn the next year, when it flowers again; and then, ripe fruit and blossoms will be found on the same tree. The twigs and flowers in decoction are esteemed a valuable tonic, the virtues of which are similar to those of good wine.

## INSTRUCTION FOR GATHERING AND PRESERVING ROOTS, &c.; DESIGNED FOR MEDICINE.

Roots ought to be dug in the fall after the stalk and leaves are dead, or have come to maturity. Or they should be dug before they start in the spring. They ought to be washed immediately after they are dug, or not washed at all; for some roots are injured by being put in water, that is such as are of an aromatic nature. But all roots when cleaned ought to be put in a place where they will dry soon. Not in the sun heat, but in a dry apartment, where they will be placed under the influence of fire heat, as on an upper floor, while fire is kept below. And as soon as they are perfectly dry they ought to be packed away, and kept from the open air as much as possible. Indeed the same instruction for drying and preserving, will apply to barks and herbs.



OF DISEASES,  
AND THE  
ART OF HEALING.

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[I am admonished at this stage of my work, that my labor will be protracted beyond what I at first anticipated. And I shall practice brevity and omissions in every instance, where I shall think that an essential injury will not result.]

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OF FEVERS.

Under this head I shall say but little, though to some it would seem of primary importance. Much has been written on this subject, and many theories advocated. But alas! how contradictory. And who shall decide where doctors disagree? In a work like this, written for general use, simplicity and perspicuity, should be prominent features. And so we avoid tedious and complex details, as far as practicable, and speak of diseases in more general terms.

It would indeed be altogether inconsistent with my contemplated limits, to go into extensive details of fevers in their various and multiform classifications, as they usually occur in medical authors; and such a variety of distinctions

would hardly be compatible with the object that I herein have principally in view, which is, not to help the Physicians, but to help the people to do without them. And the learned profession are well aware that their oppressive monopoly is in a great measure sustained by the use of complex classifications, unmeaning distinctions and blind technicalities. Therefore all these we avoid as much as possible. Fevers as they usually occur in our country, are in a great measure uniform in their symptoms at their commencement. And if the proper remedies are then used, they will seldom if ever continue more than three or four days, and during that time, under proper treatment, they will not essentially change their character.

And we would here remark, once for all, that if persons who have come to years of understanding, would observe the premonitions of approaching disease and apply a timely remedy, Fevers to any considerable extent, would seldom be found to prevail, and the doctor would but rarely if ever be needed. But when disease is allowed to approach without resistance, and becomes seated, fever ensues, and often at length assumes a varied and complex character which baffles the skill of the wisest Physicians; especially under the usual forms of treatment. But not a few, however, under apprehensions correspondent to those, will use bitter tonic barks, roots and herbs to repel approaching disease.— And thus, they not unfrequently hasten the dreaded event. Whereas, if they would first thoroughly evacuate the stomach and bowels by the use of a good article of billious pills, or an anti-billious remedy in some other form, and then use a compound of some three or four of the following articles, selected as may be most convenient, viz: boxwood, wild cherry, prickly ash, black alder, popple or white wood bark; colombo, gentian, golden seal or yellow parilla roots, balm-ony, blessed thistle, boneset, &c. and these taken in such quantities and with such frequency as the stomach will conveniently bear, and persisted in a few days, health would almost invariably be preserved and fever would rarely occur. The intermittent fever, or fever and ague in the form in

which fevers generally at first appear in our country. (I refer not here, to eruptive diseases accompanied by fevers.) The term intermittent is applied to that kind of fever which consists of a succession of paroxysms between which there is a distinct and perfect intermission from febrile symptoms.

This disease may be divided into three stages, viz:

1. The cold stage.
2. The hot stage.
3. The sweating stage.

**COLD STAGE.**—An intermitting fever generally begins with pains in the head and loins, weariness of the limbs, coldness of the extremities, stretching, yawning, with sometimes great sickness and vomiting; to which succeed shivering and violent shaking.

**HOT STAGE.**—After a longer or shorter continuance of shivering, the heat of the body gradually returns; irregularly at first, and by transient flushes, soon, however, succeeded by a steady, dry and burning heat, considerably augmenting above the natural standard. The skin, which before was pale and constricted, becomes now swollen, tense, and red; and is remarkably sensible to the touch. The sensibility, diminished in the cold stages, is now preternaturally acute; pains attack the head, and flying pains are felt over various parts of the body. The pulse is quick, strong and hard; the tongue white, the thirst is great, and the urin is highly colored.

**SWEATING STAGE.**—A moisture is at length observed to break out upon the face and neck, which soon becomes universal and uniform. The heat falls to its ordinary standard; the pulse diminishes in frequency, and becomes full and free; the urine deposits a sediment; the bowels are no longer confined; respiration is free and full; all the functions are restored to their natural order; when, after a specific interval, the paroxysm returns, and performs the same successful evolutions.

**THE CURE.**—This consist, during the cold stage, in en-

deavoring to bring on the heat, by means of artificial warmth, putting the feet in warm water, giving warm diluent drink, stimulating diaphoretic, cordials, &c.

2nd. During the hot stage, to promote a free perspiration by means of "Fever powders," wild turnip, white root, diaphoretic, tea, &c.

The first thing, however, to be done in an intermittent fever, is to cleanse the stomach and bowels. For this purpose, if circumstances are not very urgent, billious pills may be used, but where a more prompt action is required, cathartic powders or decoction, will be found far preferable, and these ought to consist of a compound. [See compounds.] But in most cases an emetic will be found to be the most efficacious in removing a disease of this kind, as well as many others, provided there be nothing peculiar in the habits, circumstances or prejudices of the individual, rendering it inadmissible. And for this purpose, lobelia I prefer, as it seems to be more effectual in breaking up the disease than any thing else, but vervain, boneset or blood root may be used to good advantage. [See the articles.]

After thus laying the foundation of cure, during the interium of the fever, or where there is no fever, there should be a free use of tonic barks, roots and herbs, as named above, or of others of a similar character.

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## QUINSY OR INFLAMMATORY SORE THROAT.

This disease is very common, and is frequently attended with great danger, occupying the glands; and frequently extending throughout the whole mucus membrane of the fauces, so as essentially to interrupt the speech, breathing and swallowing. It prevails in winter and spring, and is most fatal to young people.

**SYMPTOMS.**—Difficulty of swallowing, laborious respiration, stiffness of the neck, pricking pains about the cheeks, danger of suffocation, a violent fever, sometimes with and sometimes without a swelling. The eyes appear red, and



the face swells, and the patient is often obliged to keep himself in an erect posture for fear of suffocation; there is a constant nausea and inclination to vomit, and the drink instead of passing into the stomach is often returned by the nose. The patient is sometimes starved at last, merely from an inability to swallow any kind of food.

**REGIMEN.**—Nothing should be taken that will excite inflammation; the food light, and the drink plentiful, diluting, and mixed with acids. The patient should be kept easy and quiet, he should not even attempt to speak but in a low voice. Such a degree of warmth as to promote a constant, gentle perspiration, is proper. When the patient is in bed, his head ought to be raised a little higher than usual. It is necessary that the neck be kept warm, with soft flannel wrapt round it. We cannot here omit observing the propriety of a custom which prevails among the common people in some parts; when they feel any uneasiness about the throat, they wrap a stocking about it all night. So effectual is this simple remedy, that in some places it passes for a charm. The custom is undoubtedly a good one, and should never be neglected.

I will further add the following almost infallible preventative of the quinsy, if applied when it is first discovered to be coming on: a layer of common salt applied round the neck, and a little dissolved in the mouth and sucked; at the same time, let a gentle purge be taken, and warm teas to create a moderate perspiration, and prevent the determination to the neck.

**MEDICINE.**—A gentle purgative should be given, and repeated if found necessary to keep the bowels open and free. I have found great advantages to result from the application of a narrow blister plaster of spanish flies passed under the throat from ear to ear. A free use of the white root in powders or decoction will be found of great service. Emetics have been administered to great advantage in this complaint not only in the incipient stages, but when it had advanced to a most dangerous crisis. And in one instance I



recollect, when the throat was so swelled that it was impossible to swallow, vomiting was produced by lobelia injections, and thus relief was afforded immediately and life saved in the most perilous circumstances.

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## C R O U P .

**DESCRIPTION.**—This is an acute inflammation of the mucous membrane of the trachæ, or wind pipe, characterized by fever, cough and hoarseness, difficulty of breathing, with a considerable degree of spasmodic affection.

**SYMPTOMS.**—The symptoms of this complaint are difficulty of breathing, and a peculiar whistling noise. It is attended with a cough, which generally increases until it becomes very troublesome. It occurs in paroxysms, which agitate the whole frame, great thirst, restlessness, and expectoration of mucus, which is raised with a great deal of difficulty. The head is thrown back in great agony, as if attempting to escape suffocation. The cough is generally dry; but if any thing is spit up, it has either a purulent appearance, or seems to consist of films resembling portions of a membrane. Where great nausea and frequent retchings prevail, coagulated matter of the same nature is brought up. There is an uneasy sense of heat over the whole body, a continual inclination to change from place to place, and frequency of the pulse. Very often the symptoms suffer considerable, and sudden remission and exacerbations take place.

**MEDICINE.**—A tincture of lobelia and blood root, equal parts in portions of half a tea spoonful every fifteen minutes, to a child of a year old, may be given till vomiting is effected, after which a gentle purge may be administered. This will seldom if ever fail to give relief. The vomiting may, however require to be repeated after a few hours.

## HOOPING COUGH.

This is a disease known by a convulsive, strangulating cough, with hooping, returning by fits that are usually terminated by vomiting. Children are most commonly the subjects of this disease, and it seems to depend on a specific contagion, which affects them but once in their life. The disease being once produced, the fits of coughing are often repeated without any evident causes; but, in many cases the contagion may be considered as giving the predisposition, and the frequency of the fits may depend upon various exciting causes, such as violent exercise, a full meal, the having taken food of difficult digestion, and irritation of the lungs by dust, or disagreeable odours. Emotion of the mind may likewise prove an exciting cause.

**SYMPTOMS.**—The hooping cough usually comes on with a difficulty of breathing, some degree of thirst, a quick pulse, and other slight febrile symptoms, which are succeeded by a hoarseness, cough, and difficulty of expectoration. These symptoms continue perhaps for a fortnight or more, at the end of which time the disease puts on its peculiar and characteristic form, and is now evident, as the cough becomes convulsive, and is attended with a sound, which has been called a hoop. When the sonorous inspiration has happened, the coughing is again renewed, and continues in the same manner as before, till a quantity of mucus is thrown up from the lungs, or the contents of the stomach are evacuated by vomiting. The fit is then terminated, and the patient remains free from any other for some time, and shortly afterwards returns to the amusements he was employed in before the fit, expresses a desire for food, and when it is given to him, he takes it greedily. In those cases, however, when the attack has been served, he often seems much fatigued, makes quick inspirations.

**MEDICINE.**—It is generally regarded a favorable symptom when a fit of coughing makes the patient vomit. This cleans the stomach, and greatly relieves the cough. It will therefore be proper to promote this discharge, by giving a

lobelia emetic. Emetics not only cleanse the stomach, which in this disease is generally loaded with viscid phlegm, but they likewise promote perspiration and the other secretions, and ought therefore to be repeated according to the obstinacy of the disease. They should not however be strong; gentle vomits frequently repeated are both less dangerous and more beneficial than strong ones. For this purpose a tea spoonful of the tincture of lobelia, may be given to a child a year old, in any kind of tea, sweetened, every half hour till it operates as a gentle emetic. It may be repeated whenever a fit of coughing occurs, and there is a sense of suffocation, or if there is great debility, or the attack is not very severe, a sufficient quantity may be given to loosen the mucous or phlegm, and to cause the child to breathe freely. After this the "Balsam of Hoarhound" will be found a valuable medicine, but if the expectoration is not free, so much of the tincture ought to be added to the balsam, occasionally, as will produce a little nausea. At the same time, the bowels ought to be kept free and active by the use of mild cathartics. Alkalies are frequently required; for this purpose a white lye made of the ashes of hickory bark is thought to be very valuable. If this cannot be had, a little water of pearlash or saleratus will do.

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## COLDS AND COUGHS.

DESCRIPTION.—The inhabitants of every climate are liable to take cold when the seasons are variable, and there are sudden and considerable changes in the surrounding atmosphere. Those are chiefly the subjects of it who are of a delicate constitution; whose employments expose them to quick transitions from great heat to a very reduced temperature, and who have a morbid susceptibility to the impression of cold, and are disposed to coughs.

Most persons affect to despise colds, and as long as they can crawl about, scorn to be confined by what they call a common cold. Hence it is that colds destroy such numbers

of mankind. Like an enemy despised, they gather strength from delay, till at length they become invincible.

**SYMPTOMS.**—A cold is accompanied with a weight and pain in the head, oppression at the chest, and some difficulty of breathing, a sense of fullness and stopping of the nose, watery inflamed eyes, soreness of the throat, cough, pains about the chest, cold shiverings succeeded by transient flushes of heat, rheumatic pains in the neck and other parts of the body, an increased secretion of mucous from the nose, throat and lungs, in consequence of a slight inflammation of the mucous membrane of these parts, and in many instances with some degree of fever.

**COMMON COUGH.**—A cough is generally the effect of a cold, which has either been improperly treated, or entirely neglected. When it proves obstinate, there is always reason to fear the consequences, as this shows a weak state of the lungs, and is often the forerunner of consumption.

**MEDICAL TREATMENT.**—In most cases a good cathartic, as of billious pills, cathartic powders, &c.; will be found sufficient to break up, and throw off a cold, at its commencement. And at all events, this is the best remedy to begin with, and then if the disease is still obstinate, attended with pain in any part of the body, keep warm, and use the white root, in powders if convenient, if not, the decoction will do. But let it be used freely every twenty or thirty minutes till a free perspiration is produced. And let this indeed be kept up till the pain ceases. Or if cough attends, use the balsam of hoarhound, mixed with enough of the lobelia tincture to excite a little nausea, or produce the same effect by the use of a powder composed of equal parts of wild turnip and lobelia. A free use of slippery elm, or oil of hemlock will also be found useful.

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## ASTHMA.

**DESCRIPTION.**—Asthma is an affection of the lungs, or the

bronchial vessels, generally of a spasmodic nature, that occurs in paroxysms which take place usually at night. It is characterized by frequent, difficult, and short respiration, wheezing, stricture of the chest, and a cough, all which symptoms are aggravated when in a recumbent position. It more generally attack those of full, or plethoric habit.

When there is a great discharge of mucus from the lungs it is termed humid; but when it is attended by little or no expectoration, it is termed the dry, or Spasmodic Asthma. It more generally attacks men than women.

**SYMPTOMS.**—There is often some degree of warning given of the approach of an asthmatic paroxysm, not by pulmonary symptoms, but by those of indigestion, heartburning, flatus, itching of the skin, pain over the eyes, and sleepiness. The attack most commonly occurs at night and the patient is perhaps awaked out of his sleep by it. To those who experience or witness a paroxysm of asthma for the first time, it appears one of the most formidable diseases to which man is liable. The patient is oppressed by a tightness across the breast, which so impedes respiration, as to threaten the immediate extinction of life. He starts up into an erect posture, and flies to the window for air. For a considerable time his breathing is performed by gasps, slowly and with a wheezing noise; speaking is difficult and even painful to him; there is often present also a propensity to coughing. In this state of urgent distress the patient continues till the approach of morning, when a remission commonly takes place. However suddenly the fit begins, it always goes off slowly. By degrees the breathing becomes less laborious, and coughing and speaking are performed with greater ease. In the generality of cases, a copious expectoration of mucus at length takes place, and with it the paroxysm ceases, and the patient falls asleep. During the fit the pulse usually continue of the natural standard, the surface of the body is pale, the muscles appear shrunk, and there is a considerable flow of limpid urine. In a few cases expectoration is very scanty. During the next day, the asthmatic experiences some remaining sense of stric-



ture across the breast, and any exertion of the body increases his uneasiness. At night the urgent difficulty of breathing returns, and in this manner he is harassed for three or four successive days; after which the symptoms gradually yielding, he enjoys his usual rest without further disturbance. This terminates the paroxysm of asthma.

**MEDICAL TREATMENT.**—During a paroxysm, or fit of the asthma, the patient must be placed in an erect position, and his feet immediately immersed in warm lye water, and sinapisms applied, with a view to equalize the circulation, or to divert the blood or humours from the lungs and bronchial vessel. An infusion of catnip or pennyroyal may be given at the same time to excite gentle perspiration, which course will soon afford relief. Should the paroxysm, however, be very severe, attended with a sense of suffocation, &c., administer immediately in a cup of warm tea, an ordinary sized table spoonful of the tincture of lobelia, to be repeated every half hour, 'if the first portion does not afford relief. This medicine exerts the most astonishing effects in this complaint. It is no sooner introduced into the stomach, than the tension and spasm is removed, by dislodging collections of mucus in the bronchial vessels, and thereby giving free admissions of air into the lungs; and it is invariably attended with a salutary effect. When patients have been pronounced past recovery, when they have been thought to be dying, upon the exhibition of this plant, an immediate amendment has taken place.

Having suspended the paroxysm, the next step will be to effect a radical cure; and this is seldom done, for the reason that asthmatic patients generally discontinue the medicines when they become comfortable. But when the patient wishes a cure effected, he must persevere in the use of proper means. It will be necessary for him to repeat the dose of the tincture, or powder of lobelia, once or twice a week, in doses sufficient to excite general vomiting. He must also, occasionally, take a purgative. During the intermission, and when the patient is afflicted only with a cough,

difficulty of breathing, &c., the following medicine may be taken:

Take Liverwort, a quarter of a pound.

“ Solomon Seal, a quarter of a pound.

“ Skunk Cabbage, a quarter of a pound.

“ Hoarhound, a quarter of a pound.

“ Blood Root, two ounces.

Bruise and add a sufficient quantity of water. Boil until the strength is extracted, strain and continue to boil until there is four quarts of the liquid, strain, add five pounds of honey and half a pint of brandy. Let it settle, and it is fit for use. Of this let a wine glass be taken three or four times a day. During the time that this is taken, give an infusion of hoarhound warm at night, and cold through the day. It will be necessary to keep a determination to the surface, by giving diaphoretic medicines. A strengthening plaster may be worn upon the breast and between the shoulder, to divert the humours from the lungs. When there is difficulty of breathing, from an accumulation of mucus, give expectorants. The following is good:

Take half an ounce of Blood root,

“ half an ounce of Lobelia,

“ half an ounce of Pleurisy root.

Bruise all, and add one quart of Matheglin, or wine. A table-spoonful or two may be given occasionally. As occasion requires, the stimulating, or capsicum pill is attended with much benefit in asthma; two or three at a time may be administered, morning, noon and night.

## INFLAMMATION OF THE LUNGS.

SYMPTOMS.—Most of the symptoms of inflammation of the lungs are the same as in pleurisy; only in the former, the pulse is more soft, and the pain more obtuse and less acute; but the difficulty of breathing and oppression of the breast is generally greater. The pain is prodigiously increased on coughing, or a full inspiration.

**MEDICAL TREATMENT.**—In this, as well as other diseases, it will be necessary in the incipient or first stage of inflammation of the lungs, to produce free and copious perspiration, by administering Sudorific Medicines; and a very excellent method to answer this purpose, is to steam the patient over bitter herbs, as mentioned in other parts of this work, or by making use of the vapor bath. This may be resorted to if the strength of the patient will enable him to set up, otherwise the sudorific, or sweating drops may be given in the usual manner, until the patient perspires freely for several hours, and this must be continued moderately until the inflammation has subsided. This single operation will divert the blood from the lungs and prevent congestion, lessen the febrile excitement by equalizing the circulation, and removing the pain, and favor expectoration. When the patient has recovered from the operation of free perspiration, a purgative may be given, and occasionally repeated during the disease. When the arterial action has diminished, mild emetics may be administered. They generally produce immediate relief from the oppression of the chest, cause a determination to the skin as well as a free expectoration. They expel the viscid mucus which fills the air cells of the lungs, restore respiration, and thereby increase the strength of the system. These may be repeated as often as the circumstances of the case justify. The lobelia inflata is the best medicine that can be administered. It will be found very serviceable to inhale the steam of bitter herbs. The tension of the lungs is thus removed, and mucus expectorated with more freedom, and these may be repeated frequently through the day. When the arterial excitement has diminished, should the cough prove troublesome, one or two tea spoonfuls of the sirup of poppy, or paragoric may be given. When the inflammation is very acute, and the symptoms violent, a Mustard Plaster may be applied on the chest, till the skin becomes reddened. An infusion of Hoarhound and Boneset may be used through the day, sweetened with honey. The patient may drink an infusion of Flax seed, Bran, and Slippery Elm. These

by their demulcent properties will be found singularly beneficial.

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## PULMONARY CONSUMPTION.

A consumption is a wasting or decay of the whole body from an ulcer, or tubercles in the lungs, an empyema, or a nervous decay of the whole system. At the present day, consumption, or reputed consumptions, make up about one fifth of the bills of mortality in the principal cities of the United States. In the country, it perhaps falls a little short of that proportion. One hundred years ago, they formed less than one tenth.

**SYMPTOMS.**—This disease generally begins with a dry cough, which often continues for some months. If a disposition to vomit after eating be excited by it, there is still greater reason to fear an approaching consumption. The patient complains of a more than usual degree of heat, a pain or oppression of the breast, especially after motion; his spittle is of a saltish taste, and sometimes mixed with blood. He is apt to be sad; his appetite is bad, and his thirst is great. There is generally a quick, soft, small pulse; though sometimes the pulse is pretty full and rather hard. These are the common symptoms of a beginning consumption.—Afterwards the patient begins to spit a greenish, white or bloody matter. His body is extenuated by the hectic fever and clammy sweats, which mutually succeed each other.—A looseness, and an excessive discharge of urine are often troublesome symptoms at this time, and greatly weaken the patient. There is a burning heat in the palms of the hands, and the face generally flushes after eating; the fingers become remarkably small, the nails are bent inward, and the hair falls off. At last the swelling of the feet and legs, the total loss of strength, the sinking of the eyes, the difficulty of swallowing, and the coldness of the extremities, show the immediate approach of death.

**MEDICAL TREATMENT.**—Many cases approaching a con-

sumption may be removed by the use of the expectorant powders, with the bitter tonics or diaphoretic powders, or both. The bitter tonic must be taken three or four times through the day, in tea spoonful doses; and the expectorant and diaphoretic powders, in similar doses at night. Tincture of lobelia, in nauseating (sickenings) doses, commonly from half to a whole tea spoonful is sufficient, or the root of the skunk cabbage in half to whole tea spoonful doses, in some instances of effection of the lungs, appear to have a better effect than the expectorant powders; and cases which do not seem to be much benefited by one, may perhaps be by another, and therefore, either may be used at discretion.

But the best way of attacking this formidable disease is with repeated courses of medicine. These should be administered, if an attempt at cure is made in the latter stages, every day, perhaps, for a while, or every other day, until the most urgent symptoms are subdued, when they may be longer neglected according to the circumstances of the case. But the strictest and most unremitting attention must be paid to relapses; and if they occur the patient should immediately submit to a full course of the medicine and steaming, as nothing else will effectually check his downward march to the grave.

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## PLEURISY.

**SYMPTOMS.**—This, like most other forms of fevers, begins with chilliness and shivering, which are followed by heat, thirst, and inquietude, and the other common symptoms of fever. After a few hours the patient is seized with a violent pricking pain in one of his sides, commonly about the short ribs, which sometimes extends itself towards the back bone, sometimes towards the shoulder bone, and towards the fore part of the breast, and this is attended with frequent coughing. The matter which the patient spits up is at first small in quantity, and thin, and mixed with particles of blood; but as the disease advances, it is more plentiful



and more concocted, but not without a mixture of blood.—The pulse is remarkably strong, and seems to vibrate like the tense strings of a musical instrument, and the blood drawn from a vein, as soon as it is cold, looks like melted suet. Sometimes there is little or no spitting in this disease, and hence pleurisies are distinguished into moist and dry.

**THE CURE.**—The patient should be kept every way quiet and easy. His hands and feet ought frequently to be bathed in warm water. Warm fomentations applied to the sides and chest, must not be omitted, particularly if the case is severe. Hops, or oats, warmed with vinegar, and laid on as warm as can be borne, for a fomentation, affords great relief; or a poultice of fresh dug roasted potatoes may be applied over the chest as warm as possible; this rarely fails of relieving the constriction, or spasms. The “anodyne wash” may also be applied freely, warm. The vapor bath may also be applied to the sides with pipes. At the same time, strong draughts should be applied to the feet; as in fevers; keep up the sweat till the pain is gone.

The relaxation and perspiration may be assisted internally, by the Fever powders, Indian turnip, pleurisy root and sweating drinks. Cathartics are generally proper in the beginning of a pleurisy. The Mandrake has often afforded astonishing relief. Afterwards, if the patient be costive, a clyster of thin water gruel, or of barley water, in which a handfull of mallows or some emollient vegetable has been boiled, may be daily administered.

The expectoration may be promoted by sharp, mucilaginous medicines; as Indian turnip, and comfrey; marsh mallows, low mallows, skunk cabbage, sharpened with vinegar, or lime juice, and sweetened with honey; slippery elm, liquorice, blood root, buck horn brake, flaxseed, &c.

The sineca snake root, in decoction, is by some, considered almost a specific in pleurisy. It may be prepared in proportion of an ounce boiled to a pint; and after proper evacuations, the patient may take two, three, or four table-spoonfuls of this decoction, according as the stomach will bear it, three or four times a day. If it should vomit, a lit-

the peppermint or cinnamon may be added. As this medicine promotes perspiration and urin, and likewise keeps the body easy, it must be of great service.

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## RHEUMATISM.

This disease has often a resemblance to the gout. It generally attacks the joints with exquisite pain, and is sometimes attended with inflammation and swelling. It is most common in the spring and fall. It is usually distinguished into acute and chronic, or the rheumatism, with and without a fever.

**SYMPTOMS.**—The acute rheumatism commonly begins with weariness, shivering, a quick pulse, restlessness, thirst and other symptoms of fever. Afterwards the patient complains of flying pains which are increased by the least motion. These at length fix in the joints, which are often affected with swelling and inflammation.

**MEDICAL TREATMENT.**—The first great object in acute rheumatism is to lessen the inflammatory action, and lower the fever. Bleeding, blistering, mercury and antimony, have usually been employed for this purpose. But mild vegetable purgatives several times repeated, together with a very free use of diaphoretic powders, Crawley, or white root, every half hour, (see the articles) will effect all, and much more than can be effected by the use of the above, without any of their deadly influences. But in obstinate cases of this kind, the vapor bath, or Thompsonian course of medicine will succeed when every other remedy fails.

The chronic rheumatism is seldom attended with any considerable degree of fever, and is generally confined to some particular part, as the shoulder, back, loins, knees, &c.—There is seldom any inflammation or swelling in this case. This rheumatism is often caused by the use of mercury, and is most severe at night, when the patient begins to grow warm in bed. Warming stimulants externally applied

will often afford relief in this complaint. The bathing drops, and "my rheumatic or bone ointment" generally succeed well. But these with all other outward applications, should be accompanied with fire heat as hot as can be borne, during fifteen or twenty minutes, frequently rubbing the part with the hand, or what is better soft flannel, and then bind up with the same. One ounce of black cohush and four of prickly ash bark, made fine, and put into a pint of spirits with a pint of water, digest, and use internally, half a table-spoonful, more or less, three times a day will be found a valuable remedy.

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## DROPSY.

Dropsy is an accumulation or retension of a watery fluid in some part of the body to which different names are given, by systematic writers, according to the part of the body in which the water is lodged. But as a careful observer can hardly mistake the disease, in its general character, and as there should be a great similarity of treatment in all the forms of this disease, it will be sufficient in a work like this, designed for common use, to speak of the most useful remedies that have come to our knowledge.

**MEDICINE.**—Every thing of a diuretic character, that is not deleterious in its tendencies, may be used to advantage in this complaint, such as silk weed, Indian turnip, dwarf elder, white elder, burdock, white cohush, black cohush, sineca snake root, dandelion, parsley, sarsaparilla, white root, bitter sweet, colt foot, &c. A beer or sirup may be made of a considerable variety of the above articles or all if convenient, and take as freely as the stomach will bear, a medical beer however, I prefer, as the stomach will bear a much greater amount of medicine in that form than any other. A cathartic of mandrake and blue flag pulverized ought frequently to be taken. And warming stimulants, of Cayenne, ginger, &c., ought to be used frequently together with warming, stimulating food. And as soon as the pa-

tient is convalescent, tonics ought to be added, and all to be long persisted in to prevent a relapse.

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## MEASLES.

The measles are known by the appearance of small eruptions, somewhat resembling flea bites, over the face and body, but particularly about the neck and breast, not tending to suppuration. Many of these spots soon run into each other, and from red streaks or suffusions, larger or smaller, which give the skin an inflammatory appearance, and produce a perceptible swelling of the face; each spot is raised a little above the surface, especially in the face, where they are manifest to the touch; in the limbs and trunk they form only a roughness.

**SYMPTOMS.**—The measles may prevail at all seasons of the year as an epidemic, but the middle of winter is the time they are usually the most prevalent; and they attack persons of all ages, but children are most liable to them.—They prove most unfavourable to such as are of a plethoric or scrofulous habit. Like the small pox, they never affect persons but once in their life; their contagion appears to be of a specific nature. The eruption is usually preceded by a general uneasiness, chillness, and shivering, pain in the head, in grown persons; but in children a heaviness and soreness in the throat; sickness and vomiting, with other affections, such as happen in most fevers; but the chief characteristic symptoms are, a heaviness about the eyes, with swelling, inflammation, and a defluxion of sharp tears; and great acuteness of sensation, so that they cannot bear the light without pain, together with a discharge of such serous humour from the nostrils, which produce sneezing. The heat and other febrile symptoms, increase very rapidly; to which succeeds a frequent and dry cough, great oppression, and oftentimes retching to vomit, with violent pains in the loins, and sometimes a looseness; at other times there is great sweating, the tongue foul and white, the thirst very great.

The eruptions appear about the fourth or fifth day, and sometimes about the end of the third. On the third or fourth day from their first appearance, the redness diminishes, the spots dry up, the cuticle peels off, and is replaced by a new one. On the ninth or eleventh day, no trace of the redness is to be found, but the skin assumes its wonted appearance; yet, without there have been some considerable evacuations either by the skin or by vomiting, the patient will hardly recover strength, but the cough will continue, the fever will return with new violence, and bring on great distress and danger.

**MEDICAL TREATMENT.**—In this disease our business is to assist Nature by proper cordials, in throwing out the eruption, if her efforts be too languid, the food must be light, and the drink diluting. The drink may be cider whey, vinegar whey, butter-milk, or for weakly children, thin broth; decoctions of liquorice, white marsh-mallow roots and sarsaparilla, infusions of flaxseed, or of the flowers of elder, balm tea, barley-water, and small beer, are also suitable. These, if the patient be costive may be sweetened with honey.—The patient is often greatly relieved by vomiting. When there is a tendency this way, it ought to be promoted by drinking warm water, or weak camomile tea, or even blood root. When the cough is very troublesome, and breathing difficult, the patient may hold his head over the steam of warm water and draw the vapor into his lungs. He may also take softening and demulcent cough preparations, with the addition of a little antispasmodic or nervine, as the valerian or lady slipper. If, at the turn of the disease, the fever assumes new vigor, and there appears to be great danger of suffocation, a blister must be applied to the stomach, and draughts to the feet, to prevent the load from being thrown on the lungs; where if an inflammation should fix itself, the patient's life will be in imminent danger.

After the measles are gone off, the patient ought to be purged, but not with salts. And it will always be well also, to purify the juices with some cleansing sirup, and thereby



prevent the serious consequences so often resulting from the measles, from infectious matter centering upon the lungs, or some other internal part, causing catarrh, asthma, ulceration, &c. Patients recovering from this disease, should also be careful what they eat or drink. Their food should be light for some time, and taken often, and their drinks diluting, as buttermilk, whey, &c.; at the same time guarding against colds.

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### ST. VITUS' DANCE.

This disease is an involuntary, yet irresistible motion of the several muscles. The patient uses many ridiculous and antic gestures; and what is very singular, those muscles only are affected which are destined for spontaneous motion, for the heart, diaphragm, lungs and stomach are never injured by this whimsical disorder. It generally attacks young people, from the eighth year of their age to the time of puberty.

**CAUSES.**—An unequal distribution of the nervous influence. This is often owing to an obstructed menstruation, green sickness, acid gas, worms, blows, weakness of the solids.

**SYMPTOMS.**—The first symptoms is generally a slight lameness of one leg, which the patient drags a little and seems to have lost the power of regulating its motion. The arms next becomes affected, and are thrown into various contortions, which deprive persons affected with this disease of the power of feeding themselves, and their awkward gesticulations in attempting to bring articles of food towards their mouth, appear ridiculous. One side of the body is generally more affected than the other. The tongue is so much affected as to render articulation nearly unintelligible. If the disease continue long, it materially injures the constitution, sleep becomes disturbed, or is in a great measure prevented, the mental faculties are impaired, and revert to childishness; pain is often left in the stomach, the appe-

tite for food is extremely irregular, being occasionally ravenous, the countenance appears pale and languid, and the body and limbs are emaciated.

It is most common to females before puberty; menstruation generally cures it.

**MEDICAL TREATMENT.**—As weakness of the solids is an inseparable concomitant of this distemper, the regimen must be adapted to it; that is, solid and nourishing, with proper exercise. Begin the cure with a vomit, which should be repeated twice or thrice a week, till the patient is recovered. A purge may also be administered occasionally, according to circumstances. Some recommend continual heavy purges as a remedy. This, however, does not appear to be the safest or most efficacious method.

If worms are suspected, vermifuges may be given. The tonic tincture, myrrh pills, &c., together with strengthening bitters, are proper for a general medicine. Nervine or anti-spasmodics must not be neglected; as tincture of valerian, lady-slipper, castor, assafoetida, skunk-cabbage, &c., some one of which should be taken continually. Alkilies, balsams, and aromatics, may also become beneficial. Ginger, horse-radish, and pleurisy root, are also extremely applicable. The cold bath is very serviceable in this disorder.

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## HYSTERIC AFFECTIONS.

This likewise belongs to the numerous tribe of nervous diseases. Women of a delicate habit, whose stomach and intestines are relaxed, and whose nervous system is extremely sensible, are most subject to hysteric complaints.—In such persons a hysteric fit may be brought on by irritation of the nerves of the stomach or intestines, by wind, acrid humor, or the like. A sudden suppression of the menses often gives rise to hysteric fits. They may likewise be excited by violent passions or affections of the mind, as grief, fear, anger, or great disappointments. It appears under such various shapes, imitates so many other diseases, and is

attended with such a variety of symptoms, that it is difficult to give a just character or definition of it; and it is only by taking the aggregate of its appearances, that a proper idea of it can be conveyed to others.

Sometimes the hysteric fit resembles a swoon or fainting fit, during which the patient lies as in a sleep, only the breathing is so low as scarcely to be perceived. At other times the patient is affected with catchings and strong convulsions. The symptoms which precede hysteric fits, are likewise various in different persons. Sometimes the fit comes on with coldness of the extremities, yawning and stretching, lowness of spirits, oppression and anxiety. At other times the approach of the fit is foretold by a feeling as if there was a ball in the belly, which gradually rises towards the stomach, where it occasions inflation, sickness, and sometimes vomiting; afterwards it rises into the throat, and occasions a degree of suffocation, to which, quick breathing, palpitation of the heart, giddiness of the head, dimness of the sight, loss of hearing, with convulsive motions of the extremities and other parts of the body, succeed. The hysteric paroxysm is often introduced by an immoderate fit of laughing, and sometimes it goes off by crying. Indecent expressions and actions frequently accompany the fits.

If the patient has been long troubled with them, they often end in a perpetual and causeless timidity, madness, or all the horrors of the hypochondriacal affection, to which this disorder is very similar. It is by no means dangerous or difficult.

**MEDICAL TREATMENT.**—If the stomach appears to be loaded, emetics, frequently repeated, succeed wonderfully.—Lobelia is very suitable, as it is also anti-spasmodic. All other evacuations are hurtful. In the fit, give opium and castor, two grains of the former and four of the latter. This may be repeated in an hour or more, according to the urgency of the case. Also, endeavor to arouse the patient by strong smells, as burnt feathers, assafoetida or heartshorn, held to the nose. Hot bricks may also be applied to the soles of the feet, and the legs, arms and belly may be rub-

bed with a warm cloth; or put the feet and legs in warm water. In case of costiveness, a clyster with assafoetida will be proper; and as soon as the patient can swallow, the mother's cordial, or a decoction of cramp or cranberry bark, or other opening and relaxing drink should be given.

The radical cure of this disorder will be best attempted when the patient is out of the fit, and most free from them. For this purpose, a milk and vegetable diet should be made use of, and properly persisted in. Tonics, bitters and anti-spasmodics are indicated. If the patient is much subject to cramps, or even if not, the mother's cordial should be used continually as occasion requires. Ginger, an eighth of an ounce, taken night and morning, is very beneficial. Cold bathing, and every thing that braces and strengthens the nerves and whole system, is useful; but lying long in bed, or whatever relaxes the system, is hurtful. The mind should be kept cheerful and easy, if possible, and always engaged in some interesting pursuit.

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## DIABETES.

The diabetes is a frequent and excessive discharge of urin. It is seldom met with in young people; but often attacks persons in the decline of life, especially those who labor hard, or have been hard drinkers in their youth.

**MEDICAL TREATMENT.**—Every thing that stimulates the urinary passages or tends to relax the habit, must be avoided. For this reason the patient should live chiefly on solid food. His thirst may be quenched with acids: as sorrel whey, lemon juice, vinegar, elixir vitriol, &c. Mucilaginous vegetables, or rice with milk, are proper food.

Lime water, in which a due proportion of oak bark has been steeped, may be used. The cold bath should be used often. The patient should lie on a hard bed or matrass, as nothing hurts the kidney's more than lying too soft. Friction over the part is useful.



## ERYSIPELAS OR ST. ANTHONY'S FIRE.

This disease I regard as the result of a disordered state of the digestive organs, and a consequent impure state of the blood. With reference to the primary cause, emetics, warming stimulants and diaphoretics ought frequently to be used. To restore the blood to a healthy state, I use the sarsaparilla, black alder, witch hazel and nanny bush bark in decoction. A frequent use of sour buttermilk for a wash is of great service. In long continued cases (Scorbustic) apply fire heat as hot as it can be borne, rubbing at the same time with tallow. And when the itching is so intense that the fire cannot be longer borne, move back for half a minute, and then draw near again. And so continually till it ceases to produce itching. And after a few hours, or when the itching returns, repeat the process till a cure is effected. I have known this remedy to succeed, when all others had failed, especially when the complaint prevails on the legs.



[We here insert, entire, a Lecture of DR. CURTIS, and we hope that we shall not incur the displeasure of its talented author in so doing. It contains the clearest elucidation of the true principles of the Botanic Practice of Medicine, that we have ever seen in so condensed a form. And at the same time the two conflicting systems of medical practice are so ably contrasted, that every candid enquiring mind must be deeply interested in a perusal.]

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DR. CURTIS' LECTURE, DELIVERED BEFORE THE  
BOTANIC CONVENTION AT BALTIMORE, MARY-  
LAND, 1834.

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The Botanic System of Medical Practice is altogether the fruit of experience. It had no part of its origin in hypothesis, nor has it ever been the least improved by mere abstract speculation.

In his youth, the author of this System Providentially discovered that a certain plant possessed the power to eject, in a short time, with a little pain or inconvenienc, and with no evil consequence whatever, any foreign morbid matter from the human stomach. He afterwards observed that, whenever this operation had been thoroughly performed, sickness at the stomach, headaches, vertigo, fever, pain over and in the eyes, morbid appetite, indigestion or dyspepsia, mental aberrations, nightmare, and a host of other aches and ills that flesh is heir to, took a speedy departure from the fortunate patient. The experiment was continued on others who suffered under the same maladies, and the result was uniformly the same.

It was observed, however, that, in cases where the patient was cold or the stomach acid, the operation, though in character the same, was more tedious and less thorough. To obviate these difficulties, resort was had to those warming stimulants which experience, in their use for food, &c., had abundantly proved to be calculated to generate heat in the stomach, and diffuse it over the body, and to the use of pearlash, whose well known property, is to neutralize the acid. In the mean time, observation had disclosed the fact, that certain vegetable decoctions would detach the cold phlegm and morbid canker from the folds of the mycous membrane of the stomach, and thus greatly facilitate, as well as enhance the value of the operation. These same medicines were found to produce the same effect upon the bowels, whenever *they* were disordered.

Experience has ever taught that no man suffers under the influence of a scorching fever, while in a state of free perspiration. The same experience teaches that the most favorable situation to induce that condition of the body, is immersion in some kind of warm vapour. The boy that stows away the new made hay, or he that explores the tobacco sweat-house, always returns under the influence of a free perspiration. It only remained then for art to devise the most convenient and effectual means of imitating nature's own plan, of throwing morbid obstructions from the pores of the external surface, to complete the process of discharging morbid matter of every character and description, from every portion of the system. The various modes by which steam, either simple or medicated, is applied to the surface of the body, sufficiently answer this purpose.

In cases where disease or improper medical treatment had debilitated the system, it was observed that something more was necessary to complete a cure, than merely to rid the patient of disease.

It was observed that the debilitated system was unable, without assistance, to maintain an amount of vital heat, sufficient to sustain a free circulation; and that the digestive organs needed the aid of tonics to regain their elasticity.—

For the former of these purposes, the most pure and wholesome stimulants were applied; and, for the latter, bitters in various forms were added to the most nutritious diet and beverage.

So far as it regards the removal of diseases from the body, and the restoration of debilitated organs to a healthy state, experience had now completed her work. I purposely omit, in this place, any special notice of the branch of medical practice called surgery, though I should do injustice to the process already disclosed, did I not state that, by expelling all morbid matter from every portion of the system, it prevents the formation of those abscesses, tumors, &c., which, under other circumstances, afford the principal subjects for surgical operations.

It now remains only to explain, for the benefit of those who have not discovered them for themselves, the nature of the human system, the principle of life, the nature and character of disease, the manner in which it invades the body, the proper mode and means of expelling it from the system, and of restoring to a healthy state the debilitated organs.

Then, correct observation will show that the human body is an organized structure, containing an outer and an inner surface, every portion of which is a network, composed of the *ends* or *mouths* of an innumerable multitude of tubes, whose main bodies and ramifications extend through every portion of the system, and whose office it is to absorb or discharge the various fluids that are received into, or formed in it. Into this body is implanted at its formation, a principle called *life*, a principle which, whatever be its nature, is accompanied with an amount or a degree of heat always considerably above that of the atmosphere in which the man is destined to dwell; and, with the power to bring all the digestive, absorbent and secretive organs into action upon the food that is received for the nourishment of the body. Experience shows that any obstruction lodged in any one or more of these absorbent or secretive organs, is a cause of disease, i. e. a hindrance to the full and free exercise of the principle of life, in its process of digestion and nourishment.

Should the stomach, the head and prince of all the digestive organs, be the seat of obstruction, the amount of vital heat is proportionally lessened at the fountain, and the extremities become cold, the whole system is languid and full of pain, tormented with alternate chills and fevers, till the obstructions are removed and the heart regains its empire.

Whenever obstructions clog the operations of life at the fountain, the vital heat diminishes, the arteries and veins of the extremities become partially collapsed for want of heat in the blood to keep them expanded, a smaller quantity of blood than usual flows through them; and, of course, the vibrations must become more frequent, to pass the whole through the heart in a given time. Another consequence is, an undue accumulation of blood and heat in the heart, lungs and brain, which heat presently finds its way to the contracted skin, where it accumulates, looks angry, and produces the peculiar effect denominated fever.

To expel this fever, we supply the fountain with additional heat, apply warmth and moisture to the surface to relax the pores, and then excite to action the secretory vessels, by means of diffusive stimulants. When all the proper evacuations from the pores of the surface, the stomach, &c., are effected; that is, when the obstructions are removed, the cause of the fever is gone, the arteries and veins being warmed and expanded, the blood returns through them in its usual quantity; the digestive organs being relieved, are enabled to resume their duty; there is no more occasion for fever; the man is well.

In regard to its porosity, and the fluids it contains, the human system very closely resembles a sponge saturated with water. Every one knows that an undue pressure upon any part of this sponge, collapses the pores in that part, and forces the water which was contained in it towards the centre of the sponge. To make room for this, that which is near some other portion of the surface must necessarily be discharged. It is evident that, if the pressure be increased and extended, the discharge will continue till no fluid remains. So of the human system. While there is no undue

local pressure upon it, all the natural fluids remain in it, in hydrostatic equilibrium, till they have undergone their accustomed changes, and then are discharged through their proper channels, in the manner prescribed by the laws of healthy action. But, whenever any undue pressure collapses the vessels of any one portion of the system, and extends itself towards other portions, the fluids are forced from these to the tenderest places of egress, where they rush with violence from the body.

This is the true cause of all hemorrhages, and every other unnatural and excessive discharge. To illustrate.—A patient was threatened with hemorrhage; a Botanic Physician was immediately called; the process of raising the heat, relieving the local pressure, and discharging the obstructions was strictly followed, and no hemorrhage occurred. A second person was threatened with the same disease, from the same cause. A learned Physician of the old school was called; he prescribed ice to be eaten, (and applied to the body if necessary,) and a quantity of pills of acetate of lead, sulphate of morphia, with other minor articles; one to be taken every six hours, till a dozen should be taken; promising the patient that there would be a check to the hemorrhage after the reception of the third pill. The pills were taken and the ice eaten, as directed, but instead of diminishing, the hemorrhage increased to an alarming extent. After twenty-four hours, a Botanic Physician was called. He used heat instead of ice, and relaxing fluids instead of astringent metals. In fifteen minutes the hemorrhage was evidently controlled, and in ninety minutes it entirely disappeared, no more to return. In a few days the patient was as well as usual. A third patient was threatened with the same disease, from the same cause; the regular practice was pursued under the direction of several eminent physicians, and in three weeks the patient was—dead!

The first patient followed the new practice from the beginning, and no bad consequences ensued. The second commenced with the old practice, grew worse, resorted to the new, and was soon cured. The third took the old course



from first to last, when death closed the scene! We leave you to comment.

Another patient was laboring under an unnatural discharge of a different fluid. The prescriptions of the Physician, for three weeks, seemed only to aggravate the disease. A Botanic Physician stepped in one evening, raised the heat, threw off the pressure, discharged the obstructions, and left the patient entirely free from trouble.

We do not pretend to any skill in surgery, but let us take a bird's eye view of blood-letting, the extraction of tumours from the flesh, the discharge of abscesses and of morbid matter from the deep recesses of the body, (the reduction of the calculi, &c.) It has already been proved that bleeding is not required in any kind of fevers; it being necessary in these cases only to warm and expand the collapsed veins and arteries, and remove the undue pressure.

A young man was thrown from his horse and taken up senseless. He was carried into a house, where he immediately fainted. A surgeon would undoubtedly have bled him after his recovery from syncope, but a Botanic Physician entered the instant he fainted, and poured into his mouth some very hot medicine; he instantly revived, complained of cold, and was laid upon a sofa and covered with blankets.—The hot medicine was repeated, a chill succeeded, the man talked at random for about half an hour, when a free perspiration broke out, his reason returned, and all was right. In another half hour he rose and walked a mile to his lodgings, as though nothing had happened.

A young lady fell from a carriage upon her face, where she lay speechless for ten minutes. A Botanic Doctor poured into her mouth a strong heat and an emetic—she immediately opened her eyes, (and her mouth which had been set,) and asked what he was doing? He assisted her into the carriage, drove three miles, giving occasionally, as she appeared to droop, a little more of the medicine, and when she was carried into a house, she vomited, and, in a few minutes, became rational; she was carried three miles further, where she passed the night, and where her friends

strongly insisted that she should be bled by a surgeon present. The Botanist objected, and she was well the next day.

*Tumours.*—Mr. W. had a rising just below his knee, of more than twelve months growth. A surgeon made an incision one inch and a half long, and down to the bone; but nothing was discharged save a little blood. A Botanist was called. He cleansed the general system, applied poultices to the tumour, and, in less than a week the surgeon's incision was entirely healed, while a natural opening was made about an inch below, which discharged a large quantity of pus—and from which, in a few days, he drew a white core an inch long and half an inch thick.

A gentleman had the rheumatism, and it settled in his leg and made it very painful. A Physician poulticed it and gave him medicine till he became tired of the process, and quitted the patient, saying that the flesh must be laid open and the bone scraped. Not much liking the scraping, he applied to a Botanic Doctor, who soon restored his general health, drove out his rheumatic pains, and, in a few months entirely healed the sore leg, without any scraping.

*Abscess.*—A young man had an abscess formed on the lungs. After a few courses of medicine, a half pint or more of morbid matter was voluntarily discharged, the sore soon healed, and the pain in the breast that had been endured for years, departed.

*Calculi.*—Two gentlemen were much afflicted with calculi: One went to Dr. Physick, and underwent the operation of lithotomy. The other had been confined to his bed many months, and was told by his physicians he could never be cured. He called a Botanic Doctor who cured him in a single evening. His tea's had the power to dissolve the calculi, and carry off the solution.

*Reduction of Dislocations.*—Experience has abundantly tested the fact that, dislocations may be easily reduced after the relaxation that may be produced by a judicious use of steam and lobelia, &c. and fractured limbs, after being splinted up, are easily preserved from mortification and soreness, and healed in a very short time, by a course of treat-

ment which every one who understands the Botanic principles can easily apply.

But, let us not be satisfied with the arguments and testimony of friends only, especially as we can find the best authority for almost all we believe and teach, among the writings of the most eminent for learning and experience in the old-school theory and practice.

In the first place, it was the opinion of the celebrated medico-electrician, Dr. Graham, of London; of Dr. Brown, of Edinburgh, and of Dr. Rush, of Philadelphia, as well as of Dr. Thomson, that disease is a *unit*.

2nd. The most important writers on the medical properties of the herb called *Lobelia Inflata*, are Drs. Thatcher, of Massachusetts, and Barton & Eberle, of Philadelphia. Dr. Thatcher highly recommends *Lobelia* for croup, whooping-cough and hydrophobia. Dr. Barton recommends it in croup instead of the antimonials, on account of its more certain action; and Dr. Eberle speaks of its excellence in croup, hernia, &c. It is true these physicians caution us against the empirical use of the article, telling us that, in unskillful hands, and, in over doses, it has been supposed to have produced alarming and even fatal effects. But, in every case in which *they used it themselves*, they declare that it produced the *desired* effect. Their only objection to it, drawn from their own experience, was its speedy and violent action. We have no objection to its speedy and violent action, because experience has assured us that this action is altogether in favor of life. Dr. Barton states, that "the United States does not contain a plant of more unequivocal action on the system." Unequivocal, that is, uniformly the same on the same persons at different times, and different persons at the same time. In this high commendation of Dr. Barton, we can cordially unite. It is surprising with what accuracy an experienced practitioner will predict the time and mode of operation of *lobelia*, in a given case. I have known them, before they began, to predict the time within from three to five minutes, when a full course should be completed.

3d. In the Edinburgh Dispensatory, we are told that *Cap-sicum Annuum* is the purest stimulant known, and in the Boston Medical and Surgical Journal, it is stated that there is no other single article equal to it for the suppression of hemorrhage.

4th. In Dr. Barton's Medical Botany, the *Hydrastis Can-adensis*, or Bitter Golden Seal of the Botanic System, is pronounced one of the very best of all the vegetable tonics. Myrrh is considered, by medical writers, a valuable antiseptic, and sundry other articles, very important articles in the system, we expect will be as highly commended whenever their value shall become known to the Faculty.

5. *A world of commendation for steam.* An eminent medical writer remarks—"It has been generally thought that one constant effect of the warm bath is, to relax and debilitate the body; but this idea is now admitted to be founded in mistake. It is an error to suppose that persons who have been immersed in the warm bath, are more liable to take cold, for the body is better able to resist cold after warm and vapor bathing, than at any other time." "The vapor bath used in this country [England] is simple in construction and effectual in application. It is an apparatus to which the steam of boiling water, either simple or medicated, is conveyed through pipes from a common steam boiler. In this apparatus, the stimulant power of heat is tempered and modified by the moisture diffused through the air, and as the elastic vapor, like air, is a less powerful conductor of heat than a watery fluid, the effect of vapor in raising the temperature of the body, is much less than that of the hot bath. Its heating effects are also further diminished by the copious perspiration which ensues; so that, on every account, the vapor bath is safe, in most cases more effectual than the hot water bath, and may be employed with success, when the latter would be attended with danger. It may be applied also to the whole, or to any part of the body.—To effect this, the steam is conveyed into a wagon-roof frame, under a blanket or other covering, to confine the steam. The temperature of the vapor bath is from one hun-



dred and ten to one hundred and twenty degrees; and, though from ten to fifteen minutes is generally sufficient, there may be cases where an hour may be necessary.

Whenever the cold bath is deemed proper, the warm bath should first be used as a preparative. The bather should always go into the cold bath when warm, and seldom exceed one plunge, which produces a glowing and healthful appearance of the countenance, and an additional flow of spirits. "After the body is properly dried and rubbed, the cool air is grateful and perfectly safe. There is no danger whatever from cold—we are less liable to take cold after warm and vapor bathing, than at any other time. When the bath is used for cleanliness, refreshment, or as a luxury, the above rule admits of no exceptions."

"The vapor bath is to be used in all cases of fever, when perspiration is particularly desirable. The more immediate and general effects of this bath in fever, are, that it disposes to a calm and sound sleep, and regulates the discharge from the skin: the increase of the symptoms is lessened, if not prevented; the head is prevented from delirium, and the symptoms are moderated till the disease terminates. It has also been found beneficial in inflammation of the bowels, complaints of the liver, dropsy, water in the head, glandular swellings of the neck, calculus complaints, gout, leprosy, white swelling, strangulated hernia, affections of the skin, &c." Our author then gives a long list of diseases, in which he says the cold bath is injurious, and adds—"On the other hand, the warm and vapor bath, properly regulated, will be found principal agents in curing most of the foregoing disorders."

"In eruptions of every kind, in edematous (dough-like) swellings of the limbs; in stiffness and contraction of the joints; in all those diseases called nervous; in every case requiring a course of mercury, [I should rather say, that has had a course of mercury—I know of none that requires it;] in early infancy; in the decline of life to the last stage of existence, the warm and vapor bath may be used with advantage and safety."



Let it be remembered that, by our author, steam is considered the principal agent in curing not only the diseases enumerated, but nobody knows how many others, represented by the significant &c., and that the Thomsonians use internal remedies so much more active against diseases, and in favor of life, as to throw steam, valuable as it is, into the character of a mere auxiliary—a faithful nurse only that waits on the doctor. If steam alone, then, merits the high commendations I have quoted, what should be the meed of praise awarded to a full Thomsonian course. Could even the author of the Botanic System himself, have desired a more particular or accurate description of his steam-bath, or a more commendatory account of its usefulness and safety, than what is given in the above quotations? How completely does this author sweep away the objections of “weakening,” “rendering liable to take cold,” “causing inflammations,” “congestions,” “delirium,” “engorgements,” “hemorrhages,” and a thousand other bugbear evils?

But, it may be said, this is only his opinion; he does not give the proof. Very well—let us draw the proof from other testimony.

“*Facts*.—Dr. Willich says. [Domestic Encyclopedia, vol. 1, page 160,]—The sweating or vapor bath is used in Russia, by persons of every rank and age, in almost every disorder, before and after a journey, hard work, &c. These are frequent at least once a week, or as often as possible, whether in a state of health or sickness.

The extraordinary degree of heat produced by the evaporation of water thrown upon red hot stones, in a close room, raises the thermometer to 146 or 168 degrees—a degree of heat considerably above that which melts wax, and only twelve degrees below that for boiling spirits of wine. In such a bath the Russians lie naked on a bench, notwithstanding a profuse perspiration, sometimes for two hours occasionally pouring hot water over their bodies, and at length plunge over head into a large tub of water. Many rush out almost dissolved in sweat, and either throw themselves into the adjoining river, or roll themselves in snow

during the most piercing cold, without suffering any inconvenience, and probably with advantage; for we understand that rheumatisms are scarcely known in Russia, and there is great reason to attribute this exemption to the vapor bath." Dr. Charleton, who used the warm bath freely; says:—"Of 996 paralytics, most of whom had resisted the power of medicine, 813 were benefitted by the proper application of the warm bath."—Ib. In his views of the Russian Empire, the Rev. W. Tooke says: "It is not to be doubted that the Russians owe their longevity, their robust state of health, their little disposition to certain mortal diseases, and their happy, cheerful temper, mostly to their baths. This remedy of nature's own invention, was employed with so much success that, for five hundred years, Rome had no other physicians." M. Sanay, in his letters on Egypt, says: "The Egyptians employ the vapor bath, for the purpose of procuring delightful sensations, and removing that irksomeness and apathy which is the concomitant of an idle and sensual life," &c.

*Remark.*—The Turks, Egyptians and Russians bathe; the Persians and Hindoos champoon: The Russians plunge from the steam-room into rivers, or wallow in snow, and all for "pleasure," "luxury," delightful sensations," &c. And shall we be told that a Thomsonian steam bath, with all its concomitant circumstances, which would immeasurably enhance the value of the above mentioned vapor baths, is almost as much to be dreaded as death itself? Be assured, my friends, that they who speak any evil of such a bath, are either *very* ignorant themselves, or else they presume on an ignorance in you, that is, to say the least of it, disgraceful to a free and enlightened community. Dr. Cooper, of South Carolina, recommends a steam apparatus much like those used by Botanic Practitioners, and says he has often used it with a happy effect. Can the steam that is sanative and luxurious in South Carolina and Russia, that procures delightful sensations and a beautiful glow in the countenance in Egypt, Turkey and Persia, destroy all the health and beauty of the robust sons and fair daughters of this enlightened city? For myself, I can safely declare that, in

all my observations of the practice on persons of all ages, of both sexes, in a great variety of conditions and diseases, I have never known steam to do the least harm. On the contrary, I agree most cordially with the authors quoted, "that, when properly regulated, the steam bath will always be attended with advantage and safety."

Here, perhaps, I ought to close. But the simplicity, efficacy, and value of the new mode of treating diseases, appear so much more evident, when contrasted with the old, that I feel it my duty to present a sketch of what a young man has to do, before he is prepared to exercise the healing art in what is called the regular mode.—First—He must learn the situation, figure and proportion of—according to some authors, 210; according to others, 248 bones in the human system. To this knowledge he must add a similar acquaintance with —— pairs and —— separate muscles, a vast number and variety of arteries and veins; of nerves and their ramifications, and last, but not least, he must become thoroughly acquainted with the structure, uses, position, &c.; of the organs of respiration, of digestion, absorption and secretion. These being all tangible objects, time, patience and diligence, may enable the student to fasten their images on his mind. But his labor is but just begun. He has now to learn the classes, orders, genera and species of diseases, with a compound definition to each, especially the latter, which amount, according to different nosologists, to from eighteen to twenty-five hundred. In one work he will find different species of disease ranged under the same genus, while in another, these species will not be deemed worthy of a place in the same class, and in a third, they will be considered anomalous, and thrown into an appendix, as unworthy of a place in any particular class.

An eminent medical writer remarks, that the acquisition and retention of the specific descriptions of diseases is utterly impossible, even to the most tenacious mind; and Doctor Rush, in the exercise of the same feeling, scattered all nosologies to the four winds of heaven, directing his followers to notice only whether the symptoms were *atonic* or

entonic, and to stimulate or deplete accordingly. But there are yet to be learned the history, description and properties of 20,000 remedies, and their association with the several diseases which they are supposed to counteract. And, lastly, he must learn his lesson in Toxicology, that is, how to counteract the influence of these medicines, when they act as poisons instead of remedies! Thus caparisoned, he offers his services as a practitioner of medicine. But, just before he is called to a violent case of fever, he takes up a book, entitled "The Application of the Principles of Philosophical Investigation to the Theory and Practice of Medicine."—By John Abercrombie, M. D., F. R. S. E., and First Physician to his Majesty in Scotland, and reads as follows:

"A writer of high eminence has even hazarded the assertion that those persons are most confident in regard to the characters of disease, whose knowledge is most limited; and that extended observations generally leads to doubt. When in the practice of medicine, we apply to new cases the knowledge acquired from others which we believe to have been of the same nature, the difficulties are so great, that it is doubtful whether, in any case, we can be said to act upon experience, as we do in other departments of science. For we have not the means of determining with certainty that the condition of the disease, the habit of the patient, and all the circumstances which enter into the character of the affection, are, in any two cases, precisely the same: and, if they differ in any one particular, we cannot be said to act from experience, but only from analogy. The difficulties and sources of uncertainty which meet us at every stage of such investigations, are in fact so numerous and great, that those who have had the most extensive opportunities for observation, will be the first to acknowledge that our pretended experience must, *in general*, sink into analogy, and even our analogy too often into conjecture."

"The following apologue," says Dr. Alembert, "made by a physician, a man of wit and of philosophy, represents very well the state of that science." "Nature," says he,



"is fighting with disease; a blind man armed with a club; that is, the physician comes to settle the difference. He first tries to make peace; when he cannot accomplish this, he lifts his club and strikes at random; if he strikes the disease, he kills it; if he strikes nature, he slays *her*." "An eminent physician," says the same writer, "renouncing a practice which he had exercised for thirty years, said"—"I am wearied of guessing."

"But," continues our author, "even after we have ascertained the true relations and tendencies of things, we are constantly liable to disappointment in medicine, when we endeavor to produce certain results by bringing these tendencies into action. This arises from the silent operation of a new order of causes, by which the phenomena of diseases are varied and modified, and by which the action of external agents is aided, modified or counteracted, in a manner which altogether eludes our researches. The causes which thus operate are, certain powers in the living body itself, the action of which is entirely beyond our control; and others arising out of the peculiarities of age, sex, temperament of body or mind, and mental emotions; constituting a class of agents of a most powerful kind, of which it is impossible to estimate the combined operation. It is farther to be kept in view, that these various agents may be acting together, or in opposition to each other, or under a variety of combinations; and that, in reference to our attempts to act upon the body by remedies, they may be operating in concert with, or in opposition to, those attempts. Hence arises a most extensive source of uncertainty, in all our investigations, of which it is impossible to calculate the effect or extent. Hence arises also that apparent want of uniformity in the phenomena of disease, by which we are so much impeded in our researches, and in the action of remedies, by which our efforts in their use are so often frustrated." Indeed, "why one medicine acts upon the stomach, another upon the bowels, a third upon the kidneys, a fourth upon the skin, we have not the smallest conception. We know only the uniformity of the facts." In his *Dispensatory*, he



reads—Of the *modus operandi* of mercury, we know nothing. It seems to subvert diseased action, by substituting its own peculiar action for that of the disease.” Well, then, says the student, what is the peculiar action of this remedy? He turns to his manual of Toxicology, and is there informed that mercury is a poison, which, if the constitution of the patient should be unable to shake it off, as the Apostle did the viper, “without injury,” “acts through the medium of the circulation, promotes salivation, rots the gums, loosens and destroys the teeth, and often the bones of the face, produces stiff and incurvated limbs, edematous swelling, with loss of appetite, till death, in a few years, with a friendly stroke, puts a period to their sufferings.”

To a benevolent heart, such as we delight to accord to every student of medicine, already bounding with the desire, and high in the extacy of the hope of soon being able to relieve the sufferings of his fellow creatures, the perusal of such paragraphs as I have but just now quoted must prove what in common language would be styled a real damper. And so it appears to our young friend. What, says he, dropping the book on the table, and leisurely raising his spectacles from his eyes, after all my labor and expense, am I now to be assured that I cannot determine with certainty, the characters of the most common diseases, and whether I can or not, are my exertions to cure them, limited to the use of those means which, if they should fail to produce the desired effect will most certainly undermine and ruin the constitution of my patient? For he had just now read as follows:—“The action of external agents on the body demands our attention in two respects—as causes of disease and as remedies, in both which respects their action is fraught with the highest degree of uncertainty.”—Ah! says he, medicines then are to be considered both our poison and our antidote; our bane and our blessing! I almost wish I had never put up my sign.—“Doctor” cries a messenger at the door, “Mr. A. is very sick and requests your presence immediately.” Though he would gladly be excused, yet for consistency’s sake he must go. He mus—

ters his lancet, his opium and calomel, and waits on the patient. Here is a sick man to be sure, but the symptoms do not enable him to determine to which of all the 2500 descriptions of disease in his Nosology he ought to refer the case before him, and he feels the full force of the passage in Dr. Abercrombie's work which he had just read. It being impossible to determine the exact state of the case, he determines to treat it on general principles. The fever rages—he bleeds—the head is delirious, opium is administered.—The tongue is rough and the skin sallow—so, though with much reluctance, and many misgivings, yet because no substitute is known, down goes a dose of calomel, with orders to clear it out with a cathartic as speedily as possible, and the physician departs with a trembling step and a heavy heart.

With what different views and feelings the Botanic Physician approaches a similar case, they only can tell who have enjoyed them. He enters the room—ho! my friend you have a fever. I am glad of that. It shows that you have some life in you. We have only to add a little more to it and you will soon be able to put your disease to flight. He feels none of the responsibility of destroying the constitution of the patient, for he intends to give him nothing that would hurt him if well. He does not fear being unable to reduce the inflammatory action, because he knows that all such effects are produced from obstructions, and that the remedies he uses, in the language of Dr. Barton, "act most unequivocally on the system," and if given in sufficient quantities, under proper circumstances, will infallibly disengage the obstructions, expand the arteries and veins and restore regularity to the action of the blood and heat. In the course of three hours all this work is completed, and a few after tonics, with nutritious diet, restores the patient to his wonted health and activity.

In addition to the testimony of Dr. Abercrombie and others, adduced, I may state that instances not a few, have come under my own observation, in which experienced physicians have totally misunderstood the character of the

diseases and practised improperly according to their own principles. In not a few of these cases, after the physicians had exhausted their skill, the Botanist speedily restored the patient to health. Our time forbids me to give the particulars.

Finally, friends, I have given you a history of the discovery of the Botanic remedies, and of the arrangement into a system of the principles they developed. I have given you the most flattering testimony of the most eminent medical men, to the correctness of the system and the value of the principal remedies.

I have contrasted the simplicity of this system, the ease and expedition with which it may be acquired, and the safety and success with which it may be practised by any man or woman of common sense and a decent education, with the vast labor, expense, time, &c., of acquiring even a moderate acquaintance with the regular practice, and the great danger and uncertainty in its exhibition when acquired. I hope, therefore, I shall not be criticised harshly, or judged uncharitably, if I conclude this address by stating that, for simplicity of theory, facility of attainment, certainty, safety, and efficacy of remedial action, and last but not least, the accommodation of the practice to the capacity of the heads of every family, thus enabling them to afford instant relief often, when, if they were obliged to send for a physician, the disease would accomplish the work of death before he could arrive, the Botanic System of Medical Practice, in the opinion of your humble speaker, *is worthy of all acceptance.*

ON STEAMING.

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Such are the silly prejudices that prevail in this world of bigotry and superstition, that with many, a bare sight of the caption that stands at the head of this article, will be sufficient to hurl our little book to hopeless oblivion. But I submit to a pecuniary sacrifice, and popular sneers, to do good to the suffering family of man. The vapor bath is highly extolled by the medical faculty, as a remedy for disease, and the multitudes follow in the wake of popular opinion. But the moment we use the word steam, instead of the vapor, (which is only another word for the same thing) and "death is in the pot." But it is time that this medical humbug were brought under the influence of right reason and common sense, rather than the blind dictation of an interested few. The use of vapor or steam to remove disease is of very ancient origin, as I could abundantly show, would my limits admit. But during more modern times, various fixtures have been employed with a design more conveniently and effectually to apply steam to the human body for healing purposes. And these have usually been termed the vapor bath, which ought to be an appendage of every infirmary. But it can hardly be expected that families in general will be in possession of such. We speak then of the next best method which can generally be employed to effect this object. Then let several stones, of from four to six pounds weight, more or less, be placed on the fire where they will become very hot, and while these are heating let the patient receive a dose, several times repeated, of dia-

phoretic powders, cayenne, ginger, common pepper, or diaphoretic herbs prepared in hot water, to be drank as hot as convenient. Then let an iron vessel be prepared containing hot water sufficient to half, or more than half immerse one of these stones. Then let the patient be divested of his outer garments, and sit or stand, over or near the vessel containing the water, so that a blanket, coverlet or quilt, hung around him will embrace this with himself, and then let the bottom of the covering be raised, and one of these stones be carefully placed in the water and the covering be let down, if the heat be not greater than can be born. And as the heat passes off, the stone may be turned over, and when it ceases to throw sufficient heat this may be taken out, and another put in, and so continue as long as needful. Let the patient at the same time drink freely and frequently of the hot drinks as before, and wipe the face and breast frequently with cloths wet in cold water, especially if indications of faintness prevail. And let this process be continued if practicable, till the sweating is copious and free, which will generally take place in fifteen or twenty minutes. Then let the patient be placed in bed, with a plentiful covering, and stones, as hot as can be with safety, wrapped in wet cloths, and these again in dry ones, be placed at the feet, sides, &c., to continue the sweat as long as desired.— And if an emetic is needful to be given it should be commenced as soon as the patient is in bed, as it will operate more easily at this time than any other. (See the article lobelia.) But it should be observed that if the patient be too feeble to sit, or stand over the steam the whole process of sweating must be performed in bed, in the manner last mentioned. And in either case, after the sweating is discontinued, it is desirable that the surface of the body and limbs should be wiped off with clothes wet in cold water or vinegar, the under clothes be changed, and then, with dry sheets, the patient should be left quietly to rest in bed.

If an attack is to be made on a formidable disease of long standing, as of dropsy, rheumatism, consumption, or chronic liver complaint. The state of the bowels, if out of order,



ought first to be regulated with mild cathartics or injections, the bitter tonics and diaphoretic powders, with other warming stimulants, should also be used, for two, three or four days according to circumstances. And then if the debility is great, the application of steam and the attempt at vomiting should be very light, gradually increasing in severity as the process is repeated. But if the disease is of recent occurrence, & the strength of the patient not very much reduced, the above process, which with little variations is termed by Thompsonians, "a course of medicine" may be ventured upon immediately. We have referred to the lobelia as an emetic because we think that in general, it will be found far preferable to any other, but some rare instances have occurred, in which it has not so well agreed with the circumstances of the patient as some other article. In such a case it may be prepared in a strong decoction, or tea, of boneset, the lobelia to be added after the tea has become cooled, nearly to blood heat, and then steeped. Or the boneset and blood root, or vervain, combined or separated, may be used to advantage; also the imported epicac, or what is vastly better, the American grey epicac, having more than twice its medicinal power. I should have given this article a place among my "Botanic Remedies," but I could not find a description of it in any Botanic Author, and I was afraid to trust my own memory. But still, I will now make the attempt according to my best recollection. It is found on lands lightly timbered, or in fields partially cultivated, always in a dry, light, sandy soil, it grows to the height of about two feet, its form is erect and beautiful, numerous branches towards the top, with small white blows of a pink form, though not more than one eighth part the size. These begin to appear, about the first of July and continue more or less till prevented by frost. At the bottom of the stalk, when broken a milky substance exudes. The root is generally less in size than the finger, runs directly down, so deep that its extremity is seldom, or never found. A small neck, of less than half the size of the root, extend some five or six inches in length between the stalk and the root. The

root has but little or no taste or smell.

But to return from this digression, to the subject of steam, which may be used for almost every purpose, that the fruitful imagination of man can invent, but not to remove disease, or, at least, if it is so used, it must be called vapor or "it will often kill folks." But I have an apology to offer for the careless prejudices of my anti steam friends. Many have started out, with a sack of lobelia and some pepperish compounds raising the steam and crying "heat is life and cold is death," as ignorant of the nature of disease and the power of medicine almost as the horses that they rode upon, if they chanced to have any. And it will not be thought strange that such have borne a part with the systematic calomelizers themselves in the destruction of human life. And that consequent prejudices should of course prevail.

But this state of things has in a great measure passed away, and botanic physicians, are in many instances, men of science, not inferior to any other class. And though these may be called "steam doctors" and every naughty name that malice, jealousy and ignorance can invent. Yet in the hands of such, the botanic remedies are used with perfect safety, and exert a mighty influence in removing disease, especially when aided by the power of steam, or if you please the vapor bath. And indeed persons more illiterate, in the humble walks of life, if well instructed in some general principles of the treatment of disease, may, in most cases, be equally successful. And so we say, let every man, as much as possible, become his own doctor, though the craft should really be endangered thereby.

But I cannot feel willing to leave this subject without being more explicit as to the particular design of sweating as a remedy for disease. A constant, though insensible perspiration is indispensable, in order to the enjoyment of perfect health. And the work of disease, is to arrest and obstruct this healthful termination to the outer surface. And hence, in simple diseases, of recent occurrence, it sometimes happens that a bare removal of such obstructions, by exciting a copious perspiration, is all that is needful in order

to restore health. And the steaming process as described above, is the best that we know of to effect this object.

But its principle design is to give efficiency to other remedies. First, by arousing to action the dormant energies of the sluggish system, by which means, external and internal remedies become more effectual, especially emetics, which are thus rendered not only more efficient, but vastly more easy. And hence, they will admit of continued repetition, without any serious inconvenience to the patient, till they shall have removed all obstructions from the diseased parts, which are thus brought within the reach of remedies, which would otherwise have remained entirely excluded. And while our experience and observations corroborate this theory, we are constrained to affirm that any given amount of medicines judiciously administered, for the removal of disease, will be more productive of the designed result, when preceded or accompanied by this potent and harmless auxiliary, than four times the amount without such an appendage. Or at least, we think this is strictly true with reference to chronic diseases of an obstinate character and long standing. Indeed, I have no doubt but many thousands of such cases have occurred with the unfortunate victims of popular prejudice, who have been pronounced incurable, and thus doomed to a speedy mortality, who might have been quickly restored to perfect health by a practical adherence to the principles which we have advocated. "Oh, that they were wise, that they understood this!"

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We insert the following from the *Investigator*, as an amusing specimen of the effects of a course of medicine.—  
Mr. CHASE says:

"I went to several of the medical faculty for relief from ills which all are subject to more or less in life; and, after trying all their medicines without relief, I asked them what they thought of a Thomsonian course; for they were all my friends. Oh, said one, if you go there, I advise you to make your will. Another said, they will certainly steam you to death. Another said, only let them get the Lobelia into you, and you are a

dead man; if we can't cure you with our scientific medicines, which are used by the faculty in England, in France, and in fact all over the world wherever there is the least pretension to science; I say, if we can't cure, quack Doctors never can. These arguments, I confess, carried almost irresistible weight; science all on their side, thanks I to myself, so if a man dies under their scientific operation, it is the Lord's will; and blessed be the name of the Lord, is these scientific gentlemen's response, and the relatives of the deceased say *amen*, and that is the last we hear of the victim cut off in the flower of life and usefulness!

In spite of the remonstrances of these scientific Doctors, I ventured to call on a Thomsonian Doctor; for I thought that they could not kill me by Lobelia or steam, if I only spoke to them on the subject. So I ventured to call on one, whom I found to be a very courteous and civil gentleman, and when he informed me of the number of patients he had had, and the small number he had lost, I could hardly believe him until he set the matter beyond dispute by giving me the most unequivocal evidence. On the strength of what I witnessed, I instantly took a course. While under the operation of the Lobelia, I must confess that of all the queer sensations I ever felt, this was the queerest; for it was down the middle of me—up again cut off hands right and left—a pigeon wing in the feet—up again; down again, and so on, and so forth. While this strange herb was playing such fantastic tricks within me, you may well guess what my impressions were under its seeming gambols.—The truth is, I was most terribly frightened; for I had heard that, if it refused to come up again, then it was all over with me; and when I thought of those hard terms of which I had been informed, such as bull dog, belly-my grizzle, screw auger, pod auger, kill devil, &c. &c. thanks I to myself, sure enough, I have signed my death warrant now. I took a look at the glorious luminary of the day, which was shining into my room; it was a long and lingering look; for I thought surely it was my very last. Farewell to father, mother, sisters and brothers, I bid you all adieu. Here I am led like a lamb to the slaughter, or like a man on the bosom of the deep blue ocean with not even a solitary plank to cling to. Thousands of ideas were rushing to my brain; among them I recognized the Bible evidences of the existence of a God. Thanks I, if there be one, he will catch me now, and this Lobelia is a trap he has set for me. Then I thought of my scientific friends. What



a fool I was, said I, for not taking their advice, and never to have crossed the threshold of a Thomsonian Doctor. I then thought I might possibly cut and run by leaving my bed, in my shirt; but then the ridiculous figure I should cut in the street among the dandies who would think a bedlamite had broken loose. But I did not mind that; so said I, here I go; but the Lobelia had got me by the hip; and I was like an infant in the hands of a giant. All these thoughts and many more rushed through my brain in about thirty minutes, when the Lobelia, having done its office, came up in one of the most delightful vomits I ever experienced. I felt like another man; the sun seemed to shine brighter than it had done for a long time before; and, in about six hours, I had gone through what was termed a Thomsonian course of medicine. I thought, to be sure, I was a dead man while under the operation; but what was my astonishment when I got down to the table? I who had previously been living like a hermit, on pulse and potatoes, bread and milk, having no appetite at all, was now seized with an appetite that resembled that of a shark or a sturgeon; for I eat every thing and any thing! Don't be afraid, says the Doctor, we don't go upon the starving system here. But won't it hurt me? says I. Look at my patients, says he, here around this table, and then judge if their food hurts them.—Finding that they were playing the game of knife and fork, without a thought as to future consequences, I chimed in of course, as I was no dabster at that game, I remembered, when in health. Well, I made a hearty meal, which I had not done for years; and I followed it up daily, with regular courses of the medicine weekly; and here I am, as it were, a regenerated man. A statue ought to be erected to the immortal founder of the system, with his brows bound round with a fillet of the *Emetic Herb*. But will it be believed in after ages that a law was passed in this my native State to prevent a Thomsonian from collecting his debts? The law, I believe, is repealed, but it will, nevertheless, be an everlasting stigma on the aristocracy of this Commonwealth. I would wish no greater honor than the honor which will be conferred on this honest disciple of nature, Samuel Thomson, by nations yet unborn, who will venerate his name as one of the greatest benefactors of the human race.

If we can cover the sun with a blanket, then the properties of this herb Lobelia, which he has so fully developed, can be covered and concealed.

HENRY M. CHASE.



## OF MEDICAL PRESCRIPTIONS.

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The doses of medicine are not reducible to any general rules, from their general similarity of operation, or any other circumstances. The principal circumstances by which they are influenced, are, sex, temperament idiosyncrasy, habit and disease.

AGE.—From infancy to manhood, a larger dose of any medicine is requisite to produce its effects, in proportion to the advance in life. From manhood to old age there is a similar gradation with regard to diminishing of dose, though in much less proportion than that which regulates the increase. The following table has been supposed to shew these proportions:

### TABLE.

Let the dose for a person of middle age, be 1 or 1 drachm.

For one, from 14 to 21 years, it will be 2/3 or 2 scruples.

|   |    |                 |   |   |                    |
|---|----|-----------------|---|---|--------------------|
| " | "  | 7 to 14         | " | " | 1/2 or half dr'm.  |
| " | "  | 4 to 7          | " | " | 1/3 or 1 scruple.  |
| " | of | 4 years of age, | " | " | 1/4 or 15 grains.  |
| " | "  | 3               | " | " | 1/6 or 1/2 scruple |
| " | "  | 2               | " | " | 1/8 or 8 grains.   |
| " | "  | 1               | " | " | 1/12 or 5 grains.  |
| " | "  | 7 weeks old,    | " | " | 1/15 or 4 grains.  |

## OF PREPARING EXTRACTS.

Such articles as admit of being prepared in form of extract, ought to be thoroughly boiled for a considerable length of time, and the water poured off and saved; and to be boiled again in other water, as before, till the strength of the article is principally obtained, then let the substance be thrown away, and the water, with the former, strained and settled, then carefully poured into the boiler, leaving a sediment if there be any. And this to be boiled down till it begins to thicken considerably, and then, if it is designed for pills, it should be put into a tin pan or other vessel of tin or earthen, and that placed in a kettle of water which must be made to boil, till the extract shall be reduced to the thickness or consistency required.

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## OF PREPARING DECOCTIONS.

Some articles will admit of being prepared in decoction, which cannot well be exhibited in extracts. That is, such as are injured by boiling, and at the same time will admit of being steeped in water nearly boiling hot without being injured. This is the case with many roots, bark and herbs, the active principle of which, exists in a volatile oil, which can be flung off by distillation. But others, again, that are more aromatic, possessed of a principle still more volatile, will admit of but very moderate steeping. Such are all the mints, balm, wormwood and tansy, together with many roots and barks. And the lobelia, especially, ought not to be steeped in water warmer than the finger can be borne in.

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## OF PREPARING OINTMENTS.

Most persons, in preparing ointments and salves from vegetable substances, endeavor, first, to obtain the strength of the articles by boiling, and then drying down the decoc-

tion to a suitable consistency, and then they add tallow, lard or other oily substance, with rosin and wax as required, and continue it over the heat till the water is evaporated.— But it will be seen by the principle exhibited above, that in most cases, they thus destroy the principle virtues of the article designed to be used. Whereas, if they would first melt the tallow, lard or oil, and then put into it the articles, the virtues of which they wish to extract, and simmer it over the fire, with care not to burn, till the substance becomes dried to a crisp, then strain and press in a strong cloth, and to this add rosin or wax, as required, and simmer together; the ointment thus prepared would be vastly better.

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## OF COMPOUNDS.

Great advantages result from judiciously compounding several medicinal articles in one. A careful reference, however, should be had to the character or qualities of the articles thus to be associated: that they do not conflict or mutually oppose. As for instance, to combine cathartics with astringents, stimulants with antispasmodic, &c. But by associating medicinal agents which have an affinity, but not an identity of character, the object had in view may be effected, while their influence will be more general, less local or concentrated; and of course their operations will be attended with less inconveniences; and generally with more effect. The following forms of compounds, I select mostly from various authors and private individuals, and insert nothing but what I consider truly valuable. Hence, I reject many popular remedies, because my judgement does not approve. My arrangements will be, in a great measure, promiscuous; so a reference must be made to the index for any article sought.

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### ADHESIVE AND STRENGTHENING PLASTER.

Take of white Rosin, (or any other,)                      3 pounds.

|                                    |            |
|------------------------------------|------------|
| Take of Beeswax,                   | 4 ounces.  |
| “ Burgundy Pitch,                  | 4 “        |
| “ Mutton Tallow,                   | 4 “        |
| Melt these together, and then add: |            |
| Sweet oil,                         | 1-2 ounce. |
| Camphor,                           | 1-2 “      |
| West India Rum,                    | 1 gill.    |
| Sassafras oil,                     | 1-2 ounce. |

When the latter articles have become incorporated with the former, let the whole be poured into a vessel of water, and work it in the hands till cold. In some seasons and climates, a little more rosin, or a little more sweet oil is required, to make it of the right consistence. This is used as a sticking plaster; and also in rheumatism. It is likewise useful in cuts, ulcers, &c.—[*American Practice.*]

### ANTI-SPASMODIC TINCTURE.

|                        |          |
|------------------------|----------|
| Take of Lobelia seeds, | 1 pint.  |
| “ Tincture of Cayenne. | 1 “      |
| Nervine Tincture,      | 3 gills. |

Mix and bottle for use. *Dose*—from half a tea spoonfull to a table spoonfull, repeated according to circumstances. This tincture is used not only in cases of fits, spasms, &c. but in all violent attacks of diseases, and in cases of suspended animation from drowning, hanging, by lightning or any other cause whatever. It also operates as a speedy emetic, and should therefore be used in all cases of the accidental or criminal introduction of poisonous substances into the stomach. It may likewise be employed to facilitate the operation of an emetic of the more common preparations of lobelia, for which purpose it may be administered in tea or table spoonful doses. The tincture of which the Anti-spasmodic Tincture is composed, ought to be fully saturated; that is, made as strong as the different articles will make them.

## ASTRINGENT TONIC.

|   |                   |
|---|-------------------|
| Take of, Birth root, or Beth root,      | } equal<br>parts. |
| “ Pleurisy root,                        |                   |
| “ Bayberry, (bark of the root,)         |                   |
| “ Hemlock, (the inner bark of the tree) |                   |

All finely pulverised and well mixed. One ounce of this powder to be steeped in one and a half pints of water.—*Dose*—half a tea-cupfull, with from half to a whole tea-spoonfull of cayenne in it, sweetened if most agreeable. A dose of this tea may be taken three times a day in ordinary cases, but in diarrhoea, dysentery, floodings, &c. the doses should be more frequent. The most economical method of preparing this medicine, is to take what sifts or bolts out of such different articles as are pulverised very fine for making the diaphoretic powders; as there is always a certain portion of them which it is very difficult to grind, particularly of the hemlock and bayberry.

## THE ANODYNE WASH.

*Four Gallons.*—Take fifteen pounds of blood beets sliced, boil to two gallons, and strain. Then add, while warm, one pound and a half of sal ammoniac, and a half a pound of opium. Stir it occasionally, till they are dissolved; when the whole may be strained; and add to it two gallons of proof spirits. A little spirits of lavender may be added to give it a flavor. This will be found a valuable cooling and anodyne application in all cases of inflammation, bruises, pains, &c.

## ASTHMATIC TINCTURE.

Take half a pound of quick lime, slack it by turning on two quarts of hot water, and while it is slacking and boiling, stir in two spoonsfull of tar; mix them well together, and then let it settle. Take half a pound of wild turnip, half a



pound of milk weed roots, fresh, a small handfull of lobelia; bruise and infuse them in two quarts of wine, in a sand heat for twenty-four hours; then press and strain, and add to it the lime; water, and bottle it for use.

*Dose*—a wine glass full three times a day.

This is useful in coughs, asthmas, consumptions, hysterics, spasms, &c.

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### BATHING DROPS.

To one quart of alcohol, add one ounce of hemlock oil; one ounce of gum guaiacum, pulverized; one ounce of gum myrrh; two tea spoonsful of Cayenne or red pepper. Shake them well together, and bottle for use.

For rheumatic pains, or pain in the head, stomach, or elsewhere, bathe the parts every night and morning. They may be taken internally at the same time, in water or on sugar, in doses from ten to sixty drops.

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### BITTER TONIC.

|                                |                |
|--------------------------------|----------------|
| Take of, Poplar bark,          | 1 pound.       |
| “ Golden Seal,                 | 1 “            |
| “ Bayberry, (bark of the root) | 1 “            |
| “ Columbo root,                | 1 “            |
| “ Capsicum,                    | 6 ounces.      |
| “ Cloves,                      | 6 “            |
| “ Loaf or lump sugar,          | 4 pounds, 12 “ |

being a quantity equal to all the other articles. All to be finely pulverized, sifted, and well mixed. *Dose*—one tea-spoonful in either hot or cold water; or the powders may be taken into the mouth, moistened with saliva and swallowed, or washed down with cold water. One ounce of these bitters added to a quart of wine; dose, a wine glass full three times a day, is an excellent preparation.

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### BLISTERING PLASTER.

Take of yellow wax, pine resin, olive oil, each two parts;

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cantharides, in powder three parts. To the wax, resin and oil, previously melted together, add the cantharides, carefully stirring the whole until cool.

### CATHARTIC PILLS.

|                         |           |
|-------------------------|-----------|
| Take of, Mandrake root, | 6 ounces. |
| “ Black root,           | 4 “       |
| “ Blood root,           | 4 “       |
| “ Blue Flag,            | 8 “       |
| “ Lobelia Seeds,        | 4 “       |
| “ Cayenne,              | 1-2 “     |

All finely pulverized, sifted and well mixed. To form into pills, make a thick mucilage of gum Arabic, peach tree gum, or even slippery Elm bark by dissolving in water, or instead of this take molasses and moisten the powders just so as to make them adhere together. Then form them into pills about the size of a pea, and roll them in fine slippery Elm, bayberry, or flour; lay them in a dry place exposed to the air to dry, after which they may be put into boxes, and have a little fine bayberry or elm mingled with them to preven their adhering together. *Dose*—from three to six, taken in ordinary cases, at bed time; or two thirds may be taken at night, and the remainder in the morning.

Or thus—Extract, of Mandrake one part, butternut bark two parts, dried down to the consistency of tar, then let it cool till the finger can be borne in it, then thicken it with a very finely sifted powder of culver root, two parts, bug flag one part, blood root one part, good African cayenne one part, pill and dry, and keep from the air as much as possible.—This composition will be found of great value in all billious disorders; from two to five may be required at a dose.

It will be observed that in the above formula it is a matter of no consideration as to what quantity is taken for one part, as all other parts must be in proportion.

### COMPOSITION POWDERS.

The compounds thus designated by Thomsonian Physi-

cians is, according to Dr. Thomson, made up in the following manner:

|                         |           |
|-------------------------|-----------|
| Take of, Bayberry bark, | 2 pounds. |
| “ Hemlock inner bark,   | 1 “       |
| “ Ginger root,          | 1 “       |
| “ African Cayenne,      | 2 ounces. |
| “ Cloves,               | 2 “       |

All made fine and sifted through a fine sieve, Dr. Thompson remarks of this that it is good for a relax, dysentery, pain in the stomach or bowels, to remove all obstruction caused by cold, &c. It is no doubt a medicine of considerable value, but it has of late received so many additions and modifications, that it is now used by but few in its original form, even among Thompsonians themselves.

### THE CHILDREN'S CORDIAL.

Take two ounces each, of common pink blows, smellage root, and pleurisy root; boil to one quart; strain, and add one quart of fourth proof brandy, and one pound of sugar.—*Dose*, for an infant, a tea spoonful, repeating if necessary.

For the colics, fits, green stools, &c., of children, this is an excellent remedy.

### CONSERVE FOR COUGHS.

Take three parts of fresh comfrey root, and one part of green Indian turnip; bruise together into a fine paste, and add two parts of refined sugar. Mix.

A table-spoonful of this may be eaten three or four times a day, for coughs, &c.

### CANCER PLASTER.

Take of, Red clover blossoms, 4 lbs.

“ Roots, or roots and tops, of narrow Dock, 1 “

Or any larger quantity in the same proportion, boil in water until the strength is out, then separate the clover and dock from the liquor, carefully pressing out all the juice, and return it again into the kettle, and continue the boiling with the utmost care to prevent burning, until reduced to the consistence of a salve or plaster.

To avoid all hazard of burning, put the liquid, when boiled down pretty thick, into an earthen pan or other suitable vessel, which must then be placed in a kettle of water over the fire and boiled until the liquid is reduced to a proper consistence.

### THE GREEN SALVE.

To three pounds of lard, add a quarter of a pound of bees-wax; two ounces of verdigris, finely pulverized; and one pound of scotch snuff. Melt, and stir till cold.

This is a most excellent salve for cleansing and bringing life and action into foul and ugly ulcers.

### SALVE FOR WOMEN'S SORE BREAST.

Take one pound of tobacco, one pound of spikenard and half a pound of comfrey, boil them in three quarts of chamber ley, till almost dry, press out the juice, add to it bees-wax and rosin, or pitch, equal parts sufficient to make it a salve, by simmering over a very moderate heat. Apply this salve to the part complaining.

### WELL'S COMPOUND TINCTURE OF VALERIAN.

|                         |              |
|-------------------------|--------------|
| Take of, Valerian root, | 7 ounces.    |
| “ Liquorice root,       | 5 “          |
| “ Oil of anise,         | 1 “          |
| “ Gum camphor,          | 1 drachm.    |
| “ Alcohol,              | 1 1-2 pints. |

The solid articles to be pulverized, and digested in a hot sun heat for ten days, shaken every day, then strained or filtered. *Dose.*—from one to three tea spoonfuls, every fifteen minutes, until relief is obtained.

Useful as a nervine, and to ease pain; and far preferable to paregoric, for children.

### FEMALE STRENGTHENING SIRUP.

Take one fourth of a pound of comfrey root, dried; two ounces of elecampane root, and one ounce of hoarhound.—Boil from three quarts to three pints; strain, and add while

warm, half an ounce of beth root, pulverized; a pint of brandy and a pound of loaf sugar.

*Dose*—from half to two thirds of a wine glass full, three or four times a day. This is used in female weaknesses, bearing down of the womb, fluor albus, debility and relaxation of the genital organs, barrenness, &c.

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### MOTHER'S CORDIAL.

*One Gallon.*—Take one pound of the partridge berry vine or squaw vine, dried; and one fourth of a pound of high cranberry or cramp bark; boil in two gallons of water to three quarts; strain, and add one quart of brandy and one pound of sugar. *Dose*—in the latter stages of pregnancy, half a wine glass full every night on going to bed, in a little warm water. The dose may be increased to a gill, if necessary, to relieve cramps and pain.

This is an inestimable cordial for pregnant women, and should be used in all cases, for at least two or three weeks previous to confinement, as a preparatory.

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### STRAMONIUM.—TINCTURE OR GREEN DROOP.

Take one quart of stramonium seeds, pulverized: boil in four quarts of water to two quarts; strain, and add two quarts of spirits. *Dose*—from ten to twenty drops, two or three times a day.

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### SORREL PLASTER OR SALVE.

Take the common sheep sorrel, any quantity, bruise and press out the juice, place it on plates in the sun, until it has dried away to a proper consistence for a plaster. This may be applied to the cancer, spread on paper or a piece of bladder made soft, and must occasionally be renewed. If it prove too painful, it may be left off at night, and re-applied in the morning.

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### TONIC TINCTURE.

*Thirty-two Gallons.*—In thirty-two gallons of good sound cider, infuse five pounds of the inner bark of white oak, pulverized; eight pounds of horse-radish root, bruised; and



three pounds of seneca snake root, bruised. Cover it, and let it stand in a warm place, or over a gentle heat (not exceeding blood heat) for six days. Then strain the liquor off into a clean cask, and add three pounds of the carbonate, or rust of iron, and two ounces of the oil of cloves, decomposed in alcohol. Let this now stand for two or three weeks, shaking it up occasionally, and not entirely excluding the air; when it will be sufficiently prepared to draw off into bottles, or it may remain in the cask. To every bottle of the tincture, add half an ounce of "Turlington's Balsam of Life." Shake them together till they are incorporated, when the composition is ready for use. *Dose*—from one-third to two-thirds of a common wine glass full, three times a day, before meals. In all cases of debility, and weakness of blood, in consumption, dropsy, long continued ague's, obstructed menses, &c., this tonic tincture will be found an invaluable medicine.

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#### TURLINGTON'S BALSAM OF LIFE.

Take of Benzoin, three ounces; Balsam of Peru, two ounces; Hepatic aloes, half an ounce; rectified spirits of wine, one quart. Digest with a gentle heat three days, and strain. This preparation has long been celebrated under the different names of *Persian Balsam*, *Balsam of Berne*, *Friar's Balsam*, *Jesuit's Drops*, &c.

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#### DECOCTION OF SARSAPARILLA.

Take of fresh sarsaparilla root, and bruise, two ounces of the dry, or twice the quantity of the green; shavings of quaiacum (*lignum vitæ*) wood, one ounce. Boil over a slow fire in three quarts of water to one; adding towards the end, half an ounce of sassafras, the bark of the root, and one ounce of liquorice, strain. This is usually employed in removing the effects of mercury. It strengthens the stomach and restores flesh and vigor to the habits emaciated by venereal disease. It may also be taken in rheumatism, and all disorders proceeding from foulness of blood. Take from a pint and a half to a quart in a day.

### BALSAM OF HONEY.

Take gum Benzoin, one drachm; Balsam Tolu, two dr'ms; saffron, half a drachm; honey, four ounces; alcohol, a pint. Digest. *Dose*—one drachm three times a day. This is very useful in coughs.

### ALUM EYE WATER.

Take of alum, half a drachm; beat it with the white of an egg till it forms a curd. This curd is an excellent application for severe inflammations of the eyes; and the remaining water is efficacious as a wash. It allays the heat, and restrains the flux of humours. The curd should not be kept on more than three hours or four at most.

### ANODYNE FOMENTATION.

Take of white poppy heads, two ounces; elder flowers, half an ounce; water, three pints. Boil to two pints. This fomentation is used for relieving acute pain.

### COMMON FOMENTATION.

Take tops of wormwood and camomile flowers, dried, of each two ounces; water, two quarts. Spirits may be added as required.

### OINTMENT OF STRAMONIUM.

Take of fresh leaves of stramonium, bruised, five pounds; lard, fourteen pounds. Let them simmer together over a gentle fire, till the leaves become crisp and dry. Then press out the lard, return it into the vessel when cleansed, and add to every pound of the compound, two ounces of beeswax. Set the whole on the fire: when the wax has melted remove the vessel, and let it rest while the contents gradually cool, that the impurities may subside. This ointment has been found to afford relief in external inflammations and piles.

### VOLATILE LINIMENT.

Take of sweet oil, an ounce; spirit of hartshorn, half an ounce. Shake them together. It is said that in the inflammatory quinsy, a piece of flannel moistened with this lini-

ment, and applied to the throat, to be renewed every four or five hours, is one of the most efficacious remedies, and seldom fails to carry off the complaint.

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### COMPOUND PILLS OF RHUBARB.

Rhubarb in powders, one ounce; socotorine aloes, six drachms; myrrh, half an ounce; volatile oil of peppermint, half a drachm. Make them into a mass with a sufficient quantity of sirup of orange peel. This is a moderate laxative, much employed, especially in dyspeptic affections, to obviate costiveness and greatly stimulate the intestines.—Two pills are taken at bed time.

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### PILLS FOR JAUNDICE.

Take of castile soap, socotorine aloes and rhubarb, each one drachm. Make them into pills, with a sufficient quantity of sirup or mucilage. These pills, with the assistance of proper diet will often cure the jaundice. Three or four of them twice a day may be taken, more or less, as is necessary to keep the bowels open.

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### ALUM WHEY.

Boil two drachms of powdered alum in a pint of milk, till it is curdled; then strain out the whey. This whey is beneficial in immoderate flow of the menses, and in diabetes. The dose is two, three or four ounces, according as the stomach will bear, three times a day.

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### MUSTARD WHEY.

Take milk and water, each a pint; bruised mustard seed, an ounce and a half. Boil together till the curd is perfectly separated. Strain out the whey. This is by no means the least efficacious way of exhibiting mustard. It warms and invigorates the habit, and promotes the different secretions. Hence, in the low state of nervous fevers, it will often supply the place of wine. It is also of use in the chronic rheumatism, palsey, dropsy, &c. The addition of a little sugar will render it more agreeable. Dose— a tea cup full, four or five times a day.

## TAR WATER.

Pour a gallon of water on two pounds of tar, and stir them strongly together with a wooden rod; when they have stood to settle two or three days, pour off the water for use. It raises the pulse, increases the secretions, and is gently laxative. Dose—a gill or more, three or four times a day, on an empty stomach.

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## WINE BITTERS.

Take of Balmony, eight ounces; Bayberry, eight ounces; Cassia, (of the shops) eight ounces; Golden Seal, twelve ounces; Anise seed, four ounces; Cloves, two ounces; Cayenne, one ounce; Bitter root, eight ounces; brown Sugar, three pounds. All pulverized and well mixed. One ounce to a quart of wine. Dose—a wine glass full three times a day. This we are informed (says Dr. Howard) is the celebrated “wine bitters,” prepared and sold in such vast quantities by Dr. John Thomson, of Albany, New York. Very useful in dyspepsia.

The following formula is from the *“American Practice.”*

Take of Golden Seal, one drachm; white wood Bark, one drachm; Bitter root, one drachm; Cayenne pepper, one half a drachm. Pulverize all, and add two quarts of wine.—Dose—from a table spoonfull to a wine glass full, three times a day. Useful in all cases where bitter tonics are indicated.

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## ANTI-DYSPEPTIC OR RESTORATIVE BITTERS.

Take of prickly ash Bark, one ounce; ginger root, three ounces; wild cherry tree bark, three ounces; Balmony, five ounces; Golden Seal, five ounces; poplar bark, seven ounces; loaf sugar, two pounds and eight ounces; all made fine, sifted and well mixed. Dose—a heaping tea spoonfull in a half gill of boiling water, three times a day. Or, take one ounce of the powder, three gills of gin or any other good article of spirits, and two gills of water, and two ounces of loaf sugar, mix in a bottle, to be shaken before using.



## DR. EVERETT'S HOT BITTERS.

Take of Balmony leaves, eight ounces; Bitter root, eight ounces; Barberry bark, two ounces; prickly ash berries, eight ounces; Rhubarb, two ounces; Caraway seeds, one pound; Cloves, eight ounces; African cayenne, twelve ounces. All finely pulverized, and well mixed. Put one ounce of this powder, and two ounces of brown sugar, into a quart of spirits, shake often for a few days, when it will be fit for use. Dose—two tea spoonfulls in a gill of hot water, sweetened. Removes a cold, promotes the appetite, quenches thirst, relieves coughs, removes costiveness and cures the cholic. For cholic and costiveness, the dose must be increased to double the quantity.

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TONIC CORDIAL.

Take of poplar Bark, one pound; Bayberry, (bark of the root,) eight ounces; dogwood Bark, eight ounces; all made fine. Water, a sufficient quantity; boil to two gallons; then strain off, and add of Sugar, (loaf is the best) seven pounds; Peach kernals, pulverized, eight ounces; and one gallon of French brandy or any other good spirits. To be kept closely bottled. Dose—half a wine glass full three or four times a day. This is a very valuable tonic compound, partaking of the properties of both bitter and astringent tonics, the bitterness, however, rather predominating. It is a most excellent restorative; useful in all cases, particularly in diarrhoea and dysentery.—(*Howard.*)



## REMEDIES; APPLICABLE TO PARTICULAR DISEASES.

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Such diseases as are of more frequent occurrence, more difficult to be understood in their distinguishing characteristics, and more complex in their mode of treatment, have already been noticed, with appropriate instructions. And the following remedies may refer to some of the same, but principally to such as have not been mentioned, being more simple in their modes of treatment, more easily understood, or of less frequent occurrence.

### FOR INFLAMMATORY, PUTRID AND OTHER FEVERS.

*For Yellow Fever.*—Take Plantain juice, a wine glass full every ten minutes till the fever intermits, which usually takes place in two or three hours. Keep the patient in a free air, and let him drink camomile tea, or water without limit. On the intermission of the fever, give a smart purge. To create a sweat in spotted and similar fevers, take potatoes, fresh out of the earth, without washing; roast or boil them till they can be mashed, and apply them in bags hot to the feet and sides. Vinegar may be added.

In all putrid and epidemic disorders, buttermilk, either fresh or boiled, taken freely, will be found inferior to no other means of cure.

For an antiseptic in putrid fevers, when the circulation is rapid, and the heat of the body greatly increased, draw a strong infusion of good ground malt in boiling water, strain

it off and add to a pint of it while warm, two table spoonfulls of the best yeast, and a table spoonfull of Muscovado sugar; keep it warm, and when it is in brisk fermentation, give the patient a wine glass full every hour, or if the symptoms are urgent—every half hour. This has frequently saved, in the last extremity. The same infusion may be used for injection.

For the plague, and malignant and infectious fevers, the free internal and external use of sweet or olive oil, is productive of the happiest effects. Or, the following mixture may be employed: dissolve two drachms of camphor in an ounce of sulphuric ether, and beat it into a bottle of olive oil. Two table spoonfulls of this mixture may be taken every half hour, accompanied by softening and mucillaginous drinks in abundance, and also by clysters of the same nature.

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### EPILEPSY OR FALLING SICKNESS.

To break the fits, put a spoonful of salt in the mouth if it can be opened, or lobelia tincture. To prevent a return of the fits, if there be any premonition of the approaching fit, give a table spoonfull of salt, and lobelia tincture. To cure—give “fit drops,” stramonium tincture, and high cranberry bark in decoction or tincture; together with tonics and other anti-spasmodics, as, lady slipper, colombo, gentian, unicorn root, angelica, ginger, white wood bark, elecampane, &c. Vomits are of great efficacy in many cases of Epilepsy, and can rarely be given amiss. Alcalies are sometimes required.

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### FOR GRAVEL.

Drink a cold infusion of Cleavers, (see the article.) Or a strong decoction of the common scouring rushes, two quart's a day, if possible, as strong as it can be made by steeping.—These seldom fail to give relief.

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### FOR DYSENTERY OR DIARRHŒA.

A strong decoction of the bark of elm, not the slippery elm, nor the swamp elm, but the elm that may be distinguished by bearing small branches of crooked twigs grow-

ing on the body of the tree. This decoction, made as strong as it can be made by boiling the bark in water sufficient to cover it, two or three hours; then take out the bark, and add a little milk, while it is yet boiling. Then sweeten, and when cool enough, drink freely and frequently.

I have known this to afford prompt relief when a multitude of other remedies had failed. A decoction of witch hazel is good, and when stronger astringents are required, the Cranesbill may be used. Culver's root has often cured the dysentery. And it would be safe always to commence a cure with this article. I have found "Dr. Porter's anti-relax pills" a most convenient remedy in every excessive looseness of the bowels.

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#### FOR CRAMP IN THE STOMACH.

Take ten or twelve drops of the oil of hemlock, and apply hops, steeped in vinegar, to the stomach. The bark of the high cranberry or cramp bark, taken freely in decoction is very useful in cramps of any part of the body or limbs.

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#### FOR HEART BURN.

Take saleratus, three parts; rhubarb, one part; pulverize fine; dissolve a tea spoonfull of this mixture in a tumbler of water, and sip it up, a little at a time, in the course of the day. The white of an egg mixed with sugar and water will sometimes afford relief. If this complaint is attended with sourness of the stomach, alcalies will generally afford relief. But if wind be the cause, carminatives must be used: such as sweet flag, angelica, peppermint, &c. When the disease is spasmodic, lady slipper, white root, camphor, ginger, &c. are very useful.

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#### FOR THE PALPITATION OF THE HEART.

Take balm of Gilead buds, black cherry bark, colombo root and lady slipper; all to be boiled and prepared in sirup, with sugar and spirits enough to preserve them. Dose—as much as the stomach will bear two or three times a day. This will be found to afford great relief.

But any of the following articles, together with those na-

med above are good in this complaint, and may be compounded as convenient. Angelica, golden seal, cloves, horse-radish, ginger, gentian, sweet flag, myrrh, cayenne, skunk cabbage, white wood bark, crawley, lobelia, motherwort, cohush, &c.

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[The following, with several others, I take from Dr. John William's, last legacy to the people of the United States.]

#### FOR THE KING'S EVIL.

The King's Evil, (Scrofula) may be cured with a plant called King's Evil weed. It grows in the form of a Plantain, but the leaves are smaller, and are spotted, green and white, a very beautiful plant. When it goes to seed, there comes up one stalk in the middle of the plant, six or eight inches high. It bears the seed on the top of the stalk in a small round bud. It grows on sandy timbered lands.

Take this root and branch, pound it soft, apply it to the tumor for a poultice or salve, and let the patient drink a tea made of the same for a constant drink. If the tumor is broken open, simmer the root and leaf in sweet oil and mutton tallow. Wash the sore with liquor made by boiling the herb, and apply the salve, and it will not fail to cure.

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#### REMEDIES FOR WORMS.

When children, or others, are troubled with worms, which will be indicated whenever they prevail, by some one or more of the following symptoms, as vomiting, disagreeable breath, griping, with looseness; swelling of the belly, fainting, grinding of the teeth, picking the nose, flushing heats, &c. Prompt measures ought to be taken to afford relief, or other complicated diseases will often be the result.

Highly extolled remedies for worm complaints are almost without number, but all in their turn will be found to fail. Though I have seldom, if ever, ultimately failed of affording relief while observing the following rules; first, to give nothing that will do harm, but rather such as will promote the general health; secondly, if one article does not succeed, use another, and so continue until I find something

that will. And again, it is to be observed, that in the administration of worm remedies, they must always be given in molasses or other sweet substance, which serve as a decoy to the vermin. The following compound is very effectual in removing worms.

Take Balmony, the dried herb, quarter of a pound, boil in water to a pint; add aloes, two ounces; assafoetida, one ounce; dissolve the solid articles in the liquid, and add one pint of molasses. Dose—for a child two years old, a tea spoonfull every fifteen minutes till it operates as a physic, when it will bring away a stringy, limey mass—the remains of the vermin. Or Balmony alone, an ounce of the dry herb in water, boiled to half a pint and sweetened, may be drank in the course of two hours, with short intervals, and followed by a brisk purge, as blue flag, culver root or mandrake.—This is usually successful. Or the following:

**WORM POWDERS.**—Take of skunk cabbage balls, one ounce; white wood bark, 1 ounce; Indian hemp root, one ounce; all pulverized fine, and mixed. Dose—from a half to a whole tea spoonfull, in molasses, three mornings in succession, before eating. Also: any of the following articles will be found useful in destroying worms: Indian hemp, black alder, Nervain, blue flag, wormwood, &c.

## FOR JAUNDICE.

If the disease is of an obstinate character, an emetic ought to be given and perhaps repeated. No medicines are more useful in jaundice than emetics. by the commotion they excite, they frequently break up the billiary obstructions which are the cause of the disease. The expressed juice of the dandelion, to be taken two or three times a day, as much as the stomach will bear, will be found not inferior to any other remedy. Hard soap will often be found serviceable in this complaint, especially if taken with rhubarb or some other mild cathartic, in sufficient quantities to keep the bowels open. Also: any of the following articles may



be used to advantage: golden seal, bayberry, angelica, vervain, saffron, wild cherry bark, hard soot in vinegar, and bitters of almost every sort.

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### FOR RHEUMATISM.

Apply oil of fire weed, in the proportion of from one fourth to half an ounce to the affected parts, every evening, for three or four evenings in succession; at the same time put plasters to the soles of the feet of the "adhesive plaster," or something similar, or even the 'Peleg White' sticking salve. This process faithfully performed, will seldom if ever fail to afford prompt relief.

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### FOR BURNS OR SCALDS.

Take newly slaked lime, or if previously slaked, that which has not been exposed to the air, as from the central part of the barrel or box that contains it, sift it through a muslin sieve, or something also very fine, and mix in the proportion of one ounce of this to four or five of lard, entirely fresh, (or what is still better, sweet oil with mutton tallow melted together about equal parts,) spread on cloths and apply freely, and renew as often as the oily substance becomes absorbed, which will generally, be at first, two or three times a day. This will give perfect ease in a few minutes, whether the skin is off or not. And if applied before the skin is off it will be well in an hour or two at most. Or if applied immediately after the skin is off, it will be formed anew in from four to six days with no pain.

To the above I add the following, as a cure for scalds, of which I cannot speak from experience. But as it is a remedy always at hand, and is said to be astonishingly efficacious, and pain ceasing, if applied before the skin is off; and as I obtain my information from a source of the highest respectability, my own judgement approving at the same time. I with pleasure comply with the request to give it an insertion. When a scald occurs, let the affected part be instant-

ly immersed, if possible in cold water, and at the same time take soot, as it may be hastily scraped from the fire place or chimney, and put it plentifully into chamber lye, stir it up and dip cloths into it and apply to the affected part which is now to be taken out of the water. The wetting of the cloths to be renewed as often as they get dry. In this way it is said that blistering will be entirely prevented.

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### TO PRESERVE TEETH FROM PAIN AND DECAY.

Take one quart of newly slaked lime, pour on 2 or 3 quarts of warm water, not boiling hot, stir it a few minutes and let it settle, then pour off the water, bottle and cork tight. Let a bottle of this be put near the place of washing in the morning, so that it will not be forgotten, and at the time of washing every morning, put a little of this into a tumbler with water to dilute, so that it shall not corrode or produce a pricking sensation in the mouth. With this let the mouth be gurgled, and the amount of a tea spoonful or two swallowed will do no harm. By this process a fœtid breath will be prevented, the teeth will be preserved from decay, those that are partly rotten will rot no more, tooth ache will not be known, and that old remedy, the cold iron, will not be needed.

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### FOR SALT RHEUME.

Take swamp sassafras (green over) the bark, boil in water very strong, take some of the water and wash whenever the eruption prevails; to the remainder of the water add hogs lard, simmer it over a moderate fire heat till the water is gone. Anoint the affected parts with this every time after washing, and continue several times a day for four days; it never fails to cure, so says Dr. Williams. But I should recommend, in addition to this, a free use of nanny bush, black alder, and witch hazle bark, in decoction, to be used as a constant drink, several times a day as much as the stomach will bear, and to be continued eight or ten days, more or less according to the obstinacy of the disease.

## FOR CONSUMPTION.

*For the Cough.*—Take any quantity of pulverized crawley root, and add to it one fourth as much of skunk cabbage root, one fourth of wild turnip, and one fourth of elecampane. Put the whole into a tea cup, and mix it up with West India molasses. Take a large tea spoonful of this three or four times a day; and between the times of taking the above mixture, if you find that a coughing spell is coming on, take a little of the pulverized leaf of lobelia on the point of your penknife, and drop it into a spoonful of water, drink it down, and you will soon be able to raise without coughing.

*For the fever.*—Drink half a tea-cupful of nanny bush tea three or four times a day.

*For the pain in the side.*—Take a heaping tea spoonful of pulverized jenson root, drop it into half a tea-cupful of bone-set tea, stir it round, and drink it down. Do this every morning as soon as you rise, and be out of your bed by the time the birds wake up. After taking the jenson in this way for a week, discontinue for a few days, and then recommence it again. A glass of lime water may be used occasionally.

*For costiveness.*—Take some water in your mouth, and swallow down two tea spoonfuls of whole mustard seed twice a day, and you will soon be relieved of that difficulty. As you probably have a good appetite, you may eat what ever you please, provided that you find it agrees with the stomach.

A faithful attention to these directions has cured seated consumptions, and there is no question but that it may cure many others, that have any stamina of a constitution left, if they will take the trouble to give it a fair trial. After the cough and pain in the side are well abated, a beer made in the following manner, may be used to advantage, viz: pour six pails of boiling hot water into half bushel of barley malt, and let it stand six hours, then drain it off and add to the water half a bushel of white pine bark, one pound spignard root, one pound of jenson root, and one of swamp snake roots and tops. Then boil the whole together until the water is half gone, strain it into a new keg, add one pound of honey,

with yeast, let it foment, and then bottle it up. A gill of this may be taken four times a day, gradually increasing the dose.—(*Whitney.*)

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[We also add the following on this subject, from Dr. Elisha Smith.]

### FOR PULMONARY CONSUMPTIONS.

*A sirup.*—Take an ounce each of spikenard, cinnamon, Virginia snake root, and parsley; two ounces of pleurisy root; and half an ounce each of cloves and gum myrrh.—Steep the whole three hours in two quarts of water. Then strain, simmer down to a pint, and add while warm, one pound of sugar, and a pint of port wine. Bottle it up.—*Dose*—from half to two wine glasses, three times a day, according to the strength of the patient.

Rad vitæ, or life root, half an ounce, steeped in a quart of water, and used for common drink, is a most valuable remedy in beginning consumptions. For night sweats, in consumption, or if the urin is frothy, give the elixir of vitriol, ten drops four or five times a day.

Small doses of wild turnip, in honey four or five times a day, is useful.

Slippery elm bark, soaked in cold water, and sharpened with vinegar, is a good expectorant in consumptive coughs. Or, a conserve of comfrey and wild turnip in honey.

The fumes of burning resin and beeswax may be inhaled, repeating it three or four times a day.

Or, drink tar water. Or, take the yolk of two eggs, a gill of wine, a tea spoonful of tar, and a table spoonful of honey, beat them together. *Dose*—a tea spoonful four times a day.

For a bleeding at the lungs, give moderately, a tea of sweet bugle or of cranesbill. A handful each of comfrey, elecampane, hyssop and lung-wort: boil to two quarts, add a pound of honey, and simmer to two quarts. *Dose*—a table spoonful three or four times a day.

Adder's tongue, eaten as salad, with sugar, is of great

benefit in scrofulous consumption. Boil four ounces of hyssop, and one ounce each of wild cherry bark and skunk cabbage root, in four quarts of water to two; strain, and add a pint of honey, half a pound of sugar candy, two ounces of liquorice root pulverized, two ounces of shavings of harts-horn, one handful of rue, three ounces of anise seed, figs and raisins, each four ounces. Boil all the ingredients in one gallon of water to three quarts. Strain the decoction, and add a quart of honey and a pound of sugar. Simmer till it incorporates; then put in a cool cellar for use.

*Dose*—a gill every morning, and at bed time, fasting.

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### FOR COUGHS, COLDS, &c.

A large draught of boneset tea, on going to bed. A little peppermint may be added, to prevent nausea. Or Indian turnip, a tea spoonful at a dose, and repeated two or three times, before going to bed. Or, buttermilk whey, hot and sweetened with molasses. Or, brook lime, in decoction.—This may be depended on for certain relief. If the cough is severe, and continues, slippery elm, or flaxseed tea may be given, sharpened with vinegar. If it should not yield to this, let the bowels be kept open, and give horse-radish, scraped in vinegar, and sweetened with honey. Or, a sirup of common turnips, sliced and baked in molasses, or honey, a table spoonful four or five times a day. Two parts of garlic, and one of rue, steeped in vinegar, and sweetened with honey. A tea spoonful may be taken, after every coughing. A table spoonful each of wheat brand, and flaxseed; four ounces raisins, and a lemon sliced, all infused in a quart of boiling water, to which add sugar. *Dose*—a wine glassful three or four times a day. Liquorice, slippery elm, Indian turnip and elecampane—make a sirup. Take three times a day.

*For the whooping cough*.—Take equal parts of liquorice, sulphur, fresh butter, and spermaceti. Or, pine boughs, winter green and sweet oil.



*For cough and asthma.*—Take balm of gilead buds, tinctured in spirits. Or, coltsfoot, spikenard, and balm of gilead.

*For a cough.*—Honey, hoarhound, liquorice and slippery elm. Or, tar water.

*For cough and pain in the stomach.*—Take a tea cupful of hard soot: boil and strain. Add one fourth of a pound of honey. Take a little before eating. Or, take balm of gilead buds, balsam of fir, and half a pint of sunflower seed.—Boil the seeds to half a pint, then add the best of gin, one pint, with the rest. Take a little in the morning.

*For a cough.*—Take six ounces of extract of liquorice, one pint of white wine vinegar, one ounce of oil of almonds, and one ounce of laudanum. Dissolve the liquorice in the wine, and add the other articles. *Dose*—one tea spoonful after every coughing. Wild liquorice, thistle root, and archangel, of each a large handful; water, three quarts. Steep to three pints, drain off, and add four ounces of loaf sugar.

*For Hoarseness.*—Take three drops of black snake's oil, or of rattle snake's oil, at bed time. Also, a sirup made as follows—Seneca snake root, one fourth of an ounce; liquorice root, two ounces, and one large onion, sliced; simmer in two quarts of water to a pint; strain and add an ounce of loaf sugar. *Dose*, a table spoonful four or five times a day. Or, skunk cabbage root, or ball, pulverized, and mixed with molasses or honey. *Dose*—a tea spoonful four or five times a day. Or, rub the sole of the feet with garlic and lard, beaten together, at night, repeating till cured. Or, take sweet oil, half an ounce at a dose. Rub the chest with the same.—Or, a conserve of three parts of green comfrey, and one part of wild turnip, bruised fine, and mixed with sugar.

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## FOR PAIN IN THE CHEST &c.

*For pain in the breast.*—Take elecampane root, Seneca snake root, comfrey, spikenard, burdock, bittersweet, wild cherry bark, Solomon's seal: infused in rum, and sweetened. *Dose*—proportioned to its strength.

*Pain in the stomach.*—Take wild indigo root, in decoction, for almost every affection of the stomach. *Dose*—a table spoonful three times a day. Or, balm of gilead buds infused in cider for a bitter. Or, drink plentifully of mayweed tea.

*For a weak stomach.*—Take a handful each of wild cherry and peach tree bark, and half an ounce of cinnamon.—Boil to a pint, and add a pint of brandy. *Dose*—a table spoonful three times a day.

## DISEASES OF WOMEN.

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I have designed that a small portion of my little book shall be devoted to this subject. And the strong sympathies that I feel for this class of the suffering family of man, in their peculiar infirmities, prompt me to the work; though difficulties seem to cluster about my way. The candid will acknowledge that a plain, simple treatise on this subject ought to be in every intelligent family. And yet it seems impossible, in such instructions, to use terms that will be generally understood by those that are interested, without violating the rules of propriety, in the estimation of some. But it is worthy of remark, that those who are of the least intellectual culture and refinement are the most likely to take exceptions in this respect. But my remarks will be mostly selected from Dr. Elisha Smith, and several other most valuable authors with whom I am most familiar on this subject. We consider first the circumstances usually attending the female monthly evacuations denominated:

## THE MENSTRUAL DISCHARGE.

Females generally begin to menstruate about the age of fourteen, and leaving it off about forty five, which renders these two periods the most critical of their lives. About the first appearance of this discharge, the constitution undergoes a very considerable change, generally indeed, for the better, though sometimes for the worse. The greatest care is now necessary, as the future health and happiness of the female

depend in a great measure upon her conduct at this period.

If a girl about this time of life be confined to the house; kept constantly sitting, and neither allowed to romp about, nor to be employed in any active business which gives exercise to the whole body, she becomes weak, relaxed and puny; her blood not being duly prepared, she looks pale and wan; her health, spirits and vigor decline; and she sinks into an invalid for life. Such is the state of numbers of those unhappy females, who, either from too much indulgence, or their own narrow circumstances, are at this critical period denied the benefit of exercise and free air. A lazy, indolent disposition proves likewise very hurtful to girls at this period. One seldom meets with complaints from obstructions among the more active and industrious part of the sex; whereas, the indolent and lazy are seldom free from them. These are in a manner, eaten up by green sickness and other diseases of this nature. We would therefore recommend it to all who wish to escape these calamities, to avoid indolence and inactivity as their greatest enemies, and to be as much abroad in the open air as possible. Another thing which proves very hurtful to girls about this period of life, is, unwholesome food. Fond of all manner of trash, they often indulge in it till their whole humours are quite vitiated. Hence ensue indigestions, want of appetite, and a numerous train of evils. If the fluids be not duly prepared, it is utterly impossible that the secretions should go properly on. Accordingly, we find that such girls as lead an indolent life, and eat great quantities of trash, are not only subject to an obstruction of the menses, but likewise to glandular obstructions, as the scrofula, king's evil, &c. A dull disposition is also very hurtful to girls who do not enjoy good health, while the grave, moping, melancholly creature proves the very prey of vapors and hysterics.— Youth is the season for mirth and cheerfulness; let it therefore be indulged; it is an absolute duty. To lay in a stock of health in time of youth, is as necessary a piece of prudence, as to make provision against the decays of old age.— While, therefore, wise Nature prompts the happy youth to

join in sprightly amusement, let not the severe dictates of hoary age forbid the useful impulse, nor damp with serious gloom the season destined to mirth and innocent festivity.— Another thing very hurtful to females about this period of life, is straight clothes. They are fond of a fine shape, and foolishly imagine that this can be acquired by lacing themselves tight. Hence, by squeezing the chest, stomach and bowels, they confine the lungs, choke the stomach and bowels, and occasion incurable maladies. I know many females who will through life feel the dreadful effects of this wretched custom, of squeezing every girl into as small a size in the middle as possible. Human invention could not possibly have devised a practice more destructive of health.— After a female has arrived at that period of life when the menses usually begin to flow, and they do not appear, but on the contrary, her health and spirits begin to decline, we would advise, instead of shutting the poor girl up in the house, and dosing her with steel, assafoetida and other nauseous drugs, to place her in a situation where she can enjoy the benefit of fresh air and agreeable company. There let her eat wholesome food, take sufficient exercise, bathe the lower part of her abdomen daily with spirits, and amuse herself in the most agreeable manner; and we have little reason to fear, but Nature, thus assisted, will do her proper work. Indeed, she seldom fails unless the fault is on our side. This discharge in the beginning is seldom so instantaneous as to surprise females unawares. It is generally preceded by symptoms which foretell its approach; as a sense of heat, weight and dull pain in the loins; distention and hardness of the breast; headache, loss of appetite, lassitude, paleness of the countenance, and sometimes a slight degree of fever. When these symptoms appear about the age at which the menstrual flux usually begins, every thing should be carefully avoided which may obstruct that necessary and salutary evacuation, and all means used to promote it; as sitting over the steam of warm water, drinking pennyroyal or other warm teas, &c. After the menses have once begun to flow, the greatest care should be taken to avoid



every thing that may tend to obstruct them. Females ought to be exceedingly cautious of what they eat and drink at the time they are out of order. Every thing that is cold, or is apt to sour on the stomach, ought to be avoided; as fruit, buttermilk and such like. Fish, and all kinds of food that are hard of digestion, are also to be avoided. As it is impossible to mention every thing that may disagree with individuals at this time, we would recommend it to every female to be very attentive to what disagrees with herself, and to carefully avoid it. Cold is extremely hurtful at this particular period. More of the sex date their diseases from colds caught while they are out of order, than from all other causes. This ought surely to put them upon their guard, and to make them very circumspect in their conduct at such times. A degree of cold that will not in the least hurt them at other times, will at this period be sufficient entirely to ruin their health and constitution. Violent passions or affections of the mind, as anger, grief, fear, &c., often occasion obstructions, and should therefore be avoided. From what ever cause this flux is obstructed, except in a state of pregnancy, proper means should be used to restore it. For this purpose we would recommend sufficient exercise in a dry open air, wholesome diet, and if the body be weak and languid, generous liquors; also cheerful company and all manner of innocent amusements. If these fail, recourse must be had to medicine. When obstructions proceed from a weak and relaxed state of the solids, such medicines as tend to promote digestion, to brace the solids and assist the body in preparing good blood, ought to be used. For this purpose, I have made use of the *Tonic Tincture* with invariable success. Tonic bitters are also useful, as unicorn root, tansey, beth root, blessed thistle, (*cardus benedictus*,) &c., with wine, together with other warming, strengthening articles. If it is accompanied with spasms, or nervous symptoms, anti-spasmodics may be united with the above medicines, as motherwort, ginger, valerian, cloves, nutmegs, the mother's cordial, &c. If a cold is the cause of obstructions, bathe the parts with spirits, and place the patient

over the steam or fomentation of warm water or of spirits. Also give diluting tea's, as pennyroyal, brook-lime, &c., or fever powders. Previous, however, to the use of these medicines, it may be advisable to give an emetic, for the purpose of cleansing the stomach, and freeing it from acidities and inactive fluids. When obstructions proceed from a viscid state of the blood, or in women of a gross or full habit, evacuations, and such medicines as thin the humours, are necessary; as cleansing sirups, diluting drinks, &c. An obstruction of the menses is often the effect of other maladies. When this is the case, instead of giving medicines to force the discharge, which might be dangerous, we ought by all means to endeavor to restore the patient's health and strength. When that is effected, the other will return of course. A safe maxim to be observed in all cases of obstruction of the menses, is, *never to force a discharge*. This flux is Nature's business: it proceeds from her abundance, and not from her deficiency. When the system is healthy, and every part well balanced, this salutary overflow is the consequence. But when there is a deficiency of blood, and laxity, coldness and debility of the system, it does not appear, because Nature cannot spare it. How preposterous, then, is the practice of giving steel, savine, ergot and other forcing medicines, when the system is in this enfeebled state. Rather let us strengthen and prepare the functions for the body to do its own work.

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### IMMODERATE FLOW OF THE MENSES.

The menstrual discharge may be too great as well as too small. When this happens, the patient becomes weak, the color pale, the appetite and digestion are bad, to which swellings of the feet, dropsies and consumptions often ensue. It is also accompanied with laxity of the muscular fibres, lank hair, flabbiness of the flesh, fainting, &c. If after abortion, or if the patient is about forty-five years of age, it must be very profuse to prove dangerous. If the age is about thirty, and it is succeeded by a spontaneous and total

suppression, it often proves fatal. If of long continuance, and always immoderate at the periodical returns, and the patient under forty, it cannot be restrained too soon. To cure, the tone of the system must be restored by astringent tonics, and such other medicines and diet as brace the solids. Among these, colombo root, orange peel, unicorn, princes feather, solomon's seal, &c. will be found useful.— But the oil of fire weed is no doubt, the greatest remedy that has ever been known for such circumstances; it may be used in doses of from eight to twelve drops, to be repeated at intervals of one hour if required. This acts like a charm in all manner of hæmorrhages. Some have recommended astringent drinks, as of oak bark, sweet bugle herb, crainsbill, &c. also injections of the same, and a cloth to be dipped in vinegar and laid across the loins. When the case is urgent, nearly all practitioners who have written on this subject, propose blood letting, by way of *revulsion*; such a practice cannot be too much execrated. A vomit is a more speedy, more effectual and far safer remedy, as it tends to restore an equilibrium in the circulation. When a female experiences severe pains, as in travail, upon the occasion of her periodical flux, the *Mother's Cordial* will give great relief.

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### THE FLUOR ALBUMS OR WHITES.

What is usually called the *Whites*, is a very common disease, and proves extremely hurtful to delicate women. It is caused by a laxity of the fibers of the mucus glarids in the vagina; suppression of the menses, sprains in the loins, hard labor, excessive purging, bleeding, venery, blows, falls, weakness of the solids, &c. The symptoms are, a constant oozing from the external orifice, of a white matter, sometimes thin, yellow or brown; foetid sensation of heat in making urin, fainting, fits, loathing of food, pain in the back and loins, increased by exercise, wasting away of the flesh, dejected countenance. Sometimes the matter discharged is sharp and corrosive; sometimes foul and stinking. This

disease is easy of cure. Women are generally troubled with it a great while before they apply for assistance; to this natural bashfulness, they owe more bad consequences than they ever suspected. It is often productive of many dreadful disorders, which might with great facility have been prevented; as consumptions, falling down of the womb, internal ulcers, barrenness, dropsy, &c.

**To CURE.**—Such articles as are generally used in circumstances of an immoderate flow of the menses, are also found useful in this complaint, (see in the above.) But the most certain remedy with which I am acquainted, is a tincture of myrrh as strong as it can be made with good alcohol, and this tincture to be mixed with balsam of copaiva, equal parts. *Dose*—one half a tea-spoonfull, three times a day, before eating.

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## CESSATION OF THE MENSES.

[COMMONLY CALLED THE “TURN OF LIFE.”].

That period of life at which the menses cease to flow, is likewise very critical to the sex. The stoppage of any customary evacuation, however small, is sufficient to disorder the whole frame, and often to destroy life itself. Hence it comes to pass, that so many women either fall into chronic disorders, or die about this time. Such of them, however, as survive it without contracting any chronic disease, often become more healthy and hardy than they were before, and enjoy strength and vigor to a very great age.

If the menses cease all of a sudden, which is seldom the case in women of a full habit, they ought to abate somewhat of their usual quantity of food. They ought likewise to take sufficient exercise, and keep the body open. This may be done, by taking once or twice a week, a little rhubarb in wine or brandy.

It frequently happens that a schirrous or cancerous affection of the womb takes place on the stoppage of the menstrual flux; and in women of a gross habit, it is very common



at this period of life to have ulcerous sores break out about their ancles, or in other parts of their body. To cure which as well as prevent these and all other chronic affections which this important change in the constitution is apt to engender, and carry women safely through it, it is my general practice, says our author, to give cleansing and alterative decoctions and sirups. These judiciously administered, will often prove of incalculable advantage, without being attended with any risk, and frequently prevent a train of ills which otherwise would render the remainder of the life of many a female, a scene of misery.

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### OF BEARING DOWN OF THE WOMB.

THERE is a most distressing complaint, to which many women are exceedingly liable, known by the above name. Its more common name, however, in the works of medicine, is *prolapsus uteri*, or prolapsus of the womb.

This disease first discovers itself by an uneasy sensation about the loins and the lower part of the abdomen, whilst standing or walking, attended occasionally with bearing down pains. After a while these symptoms become worse, and the woman is obliged to confine herself to her bed; and if the complaint goes on increasing, she will suffer the most excruciating pains, with a stoppage of the urine, in consequence of the womb descending into the vagina, and pressing upon the neck of the bladder. If the disease proceed on, without interruption, to its worst stage, the womb will be protruded out through the vagina, and hang as a bag between the thighs. This, however, is a rare occurrence, and is very difficult to cure.

TREATMENT.—The best remedy for this disease, is the application of injections immediately to the part affected; and at the same time using proper means to promote perspiration. Dr. THOMSON, in his account of the witch hazel, says that an injection made of a strong tea of the leaves of this article, with a little cayenne, “is good for piles and



many complaints common to females; and in bearing-down pains it will afford immediate relief, if properly administered." The ambiguity of the latter part of this quotation, has caused much anxiety in the minds of those who have purchased his books. By the terms "properly administered," he means nothing more than throwing the injection into the vagina, which usually affords the most speedy relief.—For want of the witch hazel leaves, take the birth root or any other astringent article.

We were once called, in a case of this kind, to a lady who was the mother of several children. She was suffering much pain and anxiety, with some degree of fever. A few doses of the diaphoretic powders were prescribed, and hot bricks placed at her feet, to promote perspiration; after which a witch hazel injection was directed, when we left her. In the course of three or four hours we paid her another visit, and found her easy and composed. She appeared very grateful for the relief obtained by the injection and remarked that it was the greatest and most sudden she had ever experienced. And to convey an idea of her sufferings, she said she had borne eight children; and would prefer the pain of bearing eight more, to enduring the distress which she had experienced in this instance. She continued taking the diaphoretic powders for a few days, by which her health was completely restored.

But in cases where the womb is protruded without the vagina, the cure will be much more difficult. In such instances, the part which is protruded should be washed with warm witch hazel tea made strong, after which, with the fingers well smeared with oil or lard, the womb must be gently and gradually pushed back to its proper place in the pelvis, when an injection of strong witch hazel tea should be thrown up after it, cold, and repeated several times a day, so long as necessary. The coldness of the injections increases their tonic effect, by which the relaxation of the parts is the more readily overcome, and the womb thus enabled to keep its proper place. They must not be so cold, however, as to render them too unpleasant, or they may be

productive of injury from that cause.—(*Howard.*)

[I here neglect to embrace several articles which will probably be looked for, in this connection, in order to give place to somewhat extended remarks and quotations, by the late Dr. HOWARD, on the subject of Midwifery. I should abridge, but I can find nothing to spare. For the wicked deceptions, vile indecencies and abominable impositions that are practiced upon the stupid and unsuspecting credulity of every class of community, on this subject, call for a full exposure and plain rebuke. And we think that our admired author has done it up about right.

We do not, at this time, attempt to give a systematic treatise on practical Midwifery. Though such a work, on plain common sense principles, is much needed. And I have it on my mind, at a period not far distant, to supply that want, by a little book in pamphlet form. And thus it can be kept separate from books that are designed for more common use, which is truly desirable. But my object in exhibiting the following, is to prepare the mind for such instructions, by correcting a corrupt public sentiment.]

OF MIDWIFERY.

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We approach this part of our work with seriousness and with diffidence; not because of its anticipated magnitude, or its difficulty of detail, though we look upon these, and especially the latter, as involving much responsibility. But it is the circumstances by which this reputed mysterious art is surrounded, that impress us with a seriousness and diffidence with which, in our other medical labors, we had not to contend. To oppose popular prejudices, or attempt innovations in matters ever so plain, and capable of the clearest demonstration, is certainly no enviable task; it is one from which the mind involuntarily shrinks, in contemplation of its responsibilities, and its interminable discussions and animosities. But when we attack a custom, the subject of which, both from its delicacy and by design, is kept hidden from the broad gaze of the world, and in attacking which we must have recourse to reason to a great extent, in the first instance, to supply the place of demonstration, the weight of responsibility, and other concomitant consequences, recoil upon the mind with redoubled force, and far more repulsive energy.

From the very nature and peculiarity of midwifery, it seems by common consent, generally to be little inquired into, especially by men; and hence the too great ignorance respecting a matter of the highest importance to the whole community. It seems to be one of the consequent evils of civilized life, that we are disposed to devote our time and

attention to things of lesser importance; such as acquiring some unmeaning accomplishment or personal embellishment, whilst the more important concerns connected with health and happiness are disregarded as if they were matters of small account. Hence we find in civilized nations, little is generally known respecting health and disease, and still less about the momentous concerns of pregnancy and child-birth; the very important knowledge of these things being, by common consent, yielded to a select few.

This highly interesting and necessary part of all female education, a correct knowledge of the phenomenon of child birth, has for many years been passing into the hands of physicians, who appear to hold it with a most tenacious grasp.

We hope, while writing upon this subject, to be excused for any plain language which we may use. The subject is one of much importance to the world, and particularly to females; and it is to them we wish to address ourselves.—Upon them devolves the office of mothers—the often tedious process of gestation—the more painful one of delivery, and the still more careful and responsible one of watching over and rearing their tender offspring from infancy to mature age. What claims, indeed, has a mother upon the sympathy, the compassion and the gratitude of the world!

We feel most sensibly the responsibility of the task which we have imposed upon ourselves—that of endeavoring to convince women of their capacity to render to each other all the needful assistance which is generally necessary at child-birth, instead of continuing the present indelicate, unnatural and immoral habit of calling upon the other sex.—The prejudices which sanction this custom of employing men instead of women, to officiate as midwives, are of comparatively modern origin; and are no where to be met with but in civilized life; and no where are the difficulties of labor so severe, and the mortality in child-bed so great, as amongst those nations which claim to be the most refined.

“I have seldom” says Dr. EWELL, in treating upon this same subject, “felt a more ardent desire to succeed in any

undertaking, because I view the present increasing practice of calling upon men in ordinary births, as a source of serious evils to child-bearing—as an imposition upon the credulity of women, and upon the fears of their husbands—as a means of sacrificing delicacy, and consequently virtue—as a robbery of many of the good common women [midwives] of their employment and support. Truly, it shows as extraordinary a revolution in practice, as any afforded by a survey of all the arts.” “Should the strangers to the practice, inquire if our men have large unwieldy hands—great curiosity about women; should they ask if our women have the requisites for useful services—small hands, good sense of touch, and *patience in attendance*—they will absolutely deny this monstrous perversion of the course of nature.”

But so it is; the practice of midwifery, in all our towns and villages, and to a great extent in the country, is now almost exclusively confined to the hands of the physicians, who by their marvelous tales of the hair-breadth escapes of numerous women to whom they have been called just in time to save life, strike a terror in the mind of the suffering woman, which confirms her in the determination, no matter how repulsive to her delicacy, to employ none but doctors. These tales are told, of course, in presence of the attendants of the women in labor; and most commonly, perhaps, the individual whom the doctor has so fortunately rescued from such great peril, was at the same time in the hands of a female midwife, who, however skillful, was unable to render the needful assistance. The frequent repetition of these stories in the presence of the same women, with the affected mystery in which the transaction is enveloped, make a serious impression on their minds, and fill them with the most awful apprehensions; and they, in turn, employ the same individual, feeling themselves safe in the hands of no one else, unless it be some other physician who can tell equally marvelous tales.

We are truly sorry for poor human nature, that professional men are obliged to resort to such miserable shifts and criminal subterfuges, to secure to themselves a lucrative bu-



siness, for which *by nature they were never designed*. And we are equally sorry to find ourselves under the necessity of thus exposing them and their artifices, in proper colors; in doing which we beg leave to say, that we are not actuated by malicious motives, but by a sense of the propriety, impolicy, and immorality of the practice, and by a sense of duty to the female community and to the world. We will take this occasion also to observe, that we wish not by this honest expression of our sentiments, to wound the feelings of any who are not justly obnoxious to reproach. Some physicians who practice midwifery, do it more in compliance with the common custom and prejudices of those amongst whom they reside, than from the desire of retaining the business, or from a belief in the propriety of its being wrested from the hands of women. A few authors, too, have nobly stepped forth as advocates of the insulted rights of female midwives, amongst whom Dr. BARD and Dr. EWELL stand pre-eminently above the rest. But how has their devotion been appreciated, and their toil repaid? We are informed that professional opposition has so retarded the sale of EWELL's *Family Physician*, that the author remains unremunerated for his labor and expense; and Bard's excellent *Midwifery*, probably from the same cause, has passed through only a single edition. By a perusal of these authors we have been largely profited ourselves, and have made copious extracts from their works for the benefit of the readers of our own.

We have heretofore alluded to the marvelous tales of physicians to frighten women to a belief in the necessity of employing them at child-birth. The following, from Dr. EWELL, seems to have reference to this circumstance; "*A thousand times you are told of one irregularity of nature; but seldom hear of her almost undeviating correctness in operating.*" Of the truth of this you may all satisfy yourselves, with only a little reflection. Even if you hear a long list of unfortunate cases related, with which all books more or less abound, remember that these are gathered from all quarters of the world, and do not constitute, perhaps, one in a thou-

sand. "Provident nature," says Dr. BARD, "is wonderfully kind to pregnant women; and when she is properly consulted, attended to, and obeyed, from the beginning—not weakened by excess, nor thwarted by preposterous management; will, nine hundred and ninty-nine times out of a thousand, carry her votary safely through all the wonderful changes of this eventful period."

"A thousand times," says Dr. EWELL, "you dwell upon the miseries of one sufferer, without thinking upon the millions who happily and healthily pass the period of parturition. Away with your forebodings! Believe the truth, when pregnant, that, in all human probability, you will do perfectly well; that the most ordinary women can render you every needful assistance, without the interference of men midwives. *Their hurry, their spirit for acting, have done the sex more harm than all the injudicious management of midwives, of which they are so fond of talking.* This, Dr. DENMAN, Dr. BUCHAN, and many other really great physicians, have long since remarked."

Why then, let us seriously ask, will you continue the practice of employing physicians, since it is asserted, even by themselves, that they do more injury than midwives of your own sex? You ought certainly to know that "the simple process of child-bearing is performed by yourselves, and not by attendants' hands—by the resources of nature, and not by the powers of art." But of these facts, physicians, as well as too many midwives, have criminally kept you ignorant. They have clothed the operation of child birth with so much mystery, which is the very ground work of deception, as to make you suppose that midwives always render essential assistance; when, in fact, in almost all cases, it is completely out of their power to do it, or if they are so ignorant or impatient as to attempt it, they are sure to do an injury. Figure to yourselves, for a moment, the condition of child-birth. The head of the child presenting, is driven forward by the contractile force of the womb, in the same manner that the urine is expelled by the bladder, only that the pains of labor are not under the control of the will.—

The head fills completely the whole passage, and very greatly distends it beyond its natural size.

We would now ask, what can the midwife do to assist the mother in the expulsion of the child? Can she lay hold of the head and drag it forcibly away! By no means: it is impossible; and should she be so ignorant or presumptuous as to attempt it, would certainly repent her folly and rashness. Well, what then can the midwife do? Why, at the most, in cases of wrong presentations, she may, by careful and discreet management, assist nature in rectifying those errors; but beyond this, she can do nothing more than to receive the child when it comes into the world. And what woman could not, what woman would not, nay, ought not, when necessary, to perform this simple office?

In confirmation of these views, we will introduce some sensible remarks from an anonymous publication by a female writer and midwife:—

“What argument shall I use to convince you that it is out of the power of either midwives or physicians, with safety to mother or child, to offer any assistance, even in the last stage of labor. Every woman who has borne children, knows, that in this stage, nature is so pressing that it would require a great resistance to restrain the child from coming forth, that is if there had been no mismanagement. I have seen this acted out by many, whilst they were waiting with fearful expectation, lest the birth should take place before the physician arrived.

“I am aware that many women may object to this proposition, thinking it was never so with them; but this is for the want of proper information. I recollect very well, that soon after I entered into this practice, a certain woman whom I had visited a second time, exclaimed immediately after the birth of her child, ‘I know that I could not have a child born without assistance.’ The fact is, she was not assisted; but because of the custom of the times, I thought best to pacify her by deception, as Dr. DENMAN justifies. I practiced in this way for a number of years, till a reproachful conscience bade me advance this light;

though not without fears that some experienced female may consider this doctrine disheartening."

Here is the frank and candid confession of one whose conscientiousness and moral honesty impelled her to disclose the light of truth, which has been too long kept hidden from the views of the world. And what a melancholy picture does it exhibit of the depravity of those practitioners who are insisting upon the propriety of employing men-midwives, and who have themselves disclosed nearly as much as the lady to whom we are indebted for the foregoing extracts. But we will omit our own remarks, and hasten to another quotation from the same author, which at the same time that it exhibits her very correct knowledge of human nature, also displays her exalted views of Deity, and a rational confidence in his wisdom.

"Therefore," says she, "when your labor commences, be not afraid with any amazement, though a mother or any kind friend should insist on sending immediately for help; which we know is frequently done, but generally not without a bad effect, as it produces affright or embarrassment, which only retards the operation of nature: But let such know, (at least if you are a child of God,) that your trust is in your Creator, and that he who appointed to the female this destiny, has also formed her equal to the task."

How much the embarrassment alluded to in the foregoing extract is increased by calling in *male* assistance, we must leave for females themselves to judge; as, indeed, too many of those who have become mothers know its extent from mortifying and painful experience. We beg the privilege here of introducing a remark of Dr. EWELL upon this subject. After speaking of the distress and disgust which husbands feel at the exposure of their wives to doctors, at child-birth, he says:—"But the opposition, the detestation of this practice, cannot be so great in any husband, as amongst some women. The idea has driven some to convulsions and derangement; and every one of

the least delicacy, feels deeply humiliated at the exposure. Many while in labor, have been so shocked at the entrance of a man in their apartment, as to have all their pains banished. Others, to the very last of their senses, suffering the severest torment, have rejected the assistance of men.—There have been many of this description in all ages! Virtuous sainted souls—they preferred dying in all the agonies, the throes and the convulsions of fatal labors! They did err on the side of delicate feeling, but their errors shall be blotted out forever! To be instrumental in relieving one of this truly interesting cast, will be a heavenly consolation to all who can be alive to the pleasures of serving the virtuous.”

Can it be possible that it is a part of the wise plan of Deity, to subject the delicate, the modest, the virtuous feelings of women, to such agonizing emotions as these? No! never! It may possibly be said that the cause of all this distress, is the improper indulgence of a false delicacy—that child-birth is an extraordinary occasion, and it is the duty of women, at such a time, to conquer those feelings. But we must confess that we have no ear for philosophy like this. This sense of delicacy was given them by the all-wise Creator, for a noble and valuable purpose; and as well may we be told that hunger is a false, deceptive feeling which should be overcome, as that the delicacy of women should be so far conquered as to admit, without emotion, the interference of physicians at child-birth.

The case then is clear, that none but women, excepting the husband, should in ordinary cases, be permitted to be present or officiate as a midwife at child-birth. But if nothing will satisfy but male assistance, let the husband be the accoucheur—the midwife; there is surely more propriety in this than in employing another, and it is certainly more natural, and, to the wife at least, must be far more agreeable; whilst it wants nothing but custom to make it consistent with popular sentiment. Let the feelings of none be shocked at the idea of husbands waiting upon their wives in the capacity of accoucheurs; many have done it with the best success, and no one, that we know or have heard of,



with any misfortune. Some have even declared their own husbands to be superior to any others. And who indeed can have more tenderness of feeling for both mother and child, than an affectionate husband? And truly, if physicians and midwives would but generally acknowledge the simplicity of most labors, it would be manifest that in ninety-nine cases out of a hundred, the husband would do in every respect as well as the most experienced doctor.

Did physicians really possess that sympathy for female suffering which many of them profess, together with that nice sense of delicacy of which they are certainly not devoid, they would assuredly pursue a very different course from the one that has marked their conduct during the last thirty years. Instead of intruding themselves upon the sex as accoucheurs, whereby the feelings of all women are more or less shocked, and many of them most keenly distressed, they would endeavor to instruct and encourage prudent, sensible females, in the art of midwifery, and withdraw themselves from such an indelicate, and in some sense, immoral practice.

But the prevailing idea that none but men can be relied on in bad cases, has become so fixed in the minds of most women, that if a woman even consents to trust herself in the hands of a female midwife, and the labor prove tedious or severe; the assistants become alarmed, to which the prejudices of the day render them exceedingly prone, and nothing will satisfy them but calling in a physician. It is no matter whether the case be really difficult or not; the statements of the midwife avail nothing where prejudice is so strong in favor of midwives of the other sex. We have known many cases of this nature, and we can conceive of no surer means by which the best midwives are liable to lose both their reputation and business.

The doctor comes;—makes a great display of affected knowledge; discovers something wrong, which however, by his superior skill and experience is soon set right; the patient and attendants soon acquire confidence, and, no matter whether difficulties, real or imaginary, exist or afterwards

occur, the woman is delivered, for which the doctor is applauded, whilst the unfortunate woman is silently condemned; when at the same time too, she would in all probability, have delivered the woman sooner, easier, and better than the doctor who is thus supplanting her in reputation and business on which, perhaps, she may be dependent for a precarious subsistence. It too often happens in cases like those of which we have been speaking, that the judgment of the midwife is not permitted to have any weight. Although she may give assurance that all things are right, and protest against the necessity as well as propriety of calling in a physician, it is frequently presumed by surrounding and sympathizing friends that she does not, or may not know the true condition of the patient. The patient, too, is probably suffering much pain, and being flattered with the idea that the doctor can relieve her, she consents that he shall be called. The husband, also, ignorant of the real state of the case, being moved by the solicitude he feels for a tender companion, is compelled to post off for a physician to violate his own delicacy in the person of his wife!!

Scenes similar to what we have endeavored to describe, have been acted again and again, whereby the practice of midwifery has become almost exclusively engrossed by the physicians, in which condition it seems likely to remain until women assert and exercise those prerogatives and powers with which they are endowed by Deity, and which they owe to their dignity and duty to claim.

And what, let us inquire, will be the effect upon society of employing men instead of women to perform the offices of midwives? Who is there that cannot, by a little reflection, perceive the immoral tendencies of such a custom? What is the natural consequence of those familiarities that are and must be taken by men, in the discharge of the duties of a midwife? Is it not to obliterate that delicacy of sentiment, and remove those salutary restraints, by which chastity of feeling is preserved, and immoral familiarities, and undue liberties prevented? Most assuredly such are the natural consequences; and we are not alone in these sentiments.

"Several observing moralists," says EWELL, "have remarked, that the practice of employing men midwives has increased the corruption among married women. Even among the French, so prone to set aside the ceremonies among the sexes—the immorality of such exposures has been noticed. In an anecdote of VOLTAIRE, it is related, that when a gentleman boasted to him of the birth of a son, he asked who assisted at the delivery; to the answer, a man midwife, he replied—then you are traveling the road to cuckoldom."

"The acute observing Count BUFFON, (on puberty,) observes, "Virginity is a moral being, existing solely in purity of heart. In the submission of women, to the unnecessary examinations of physicians, exposing the secrets of nature, it is forgotten that every indecency of this kind is a violent attack against chastity; that every situation which produces an internal blush, is a real prostitution." It is very certain that where these exposures have been most common, as in large cities, there adultery has been most frequent.

"Be it folly, or prejudice, or not, there is a value in the belief that the husband's hands alone are to have access to his sacred wife. Break through this prejudice, if you please to call it so, but for once, unless powerful reasons command it, the rubicon is passed; and rely upon it, the barriers on future emergencies, will not be so insuperable. Time and opportunity to press on a grateful heart, for a favor in regions where magnified favors have been conferred, have been used and more frequently desired. To convince you of this, you will not require me to enter into the secret history of adultery. Many of these modest looking doctors, inflamed with the thoughts of the well-shaped bodies of the women they have delivered, handled, hung over for hours, *secretly glorying in the privilege*, have to their patients, as priests to their penitents, pressed for accommodation, and driven to adultery and madness, where they were thought more innocently occupied."

Such, reader, is the picture drawn by an individual whose experience and powers of mind enabled him to portray, in

its true colors, the temptations and vices consequent on the unwarrantable custom of employing men instead of women in the practice of midwifery; and dare any physician deny its correctness? We think not. It may possibly be tho't to exhibit female chastity in a disparaging light; but whilst all admit that women, in common with the other sex, are the subjects of temptation, it is to be hoped that both our quotations and remarks will not be regarded as an indignity but rather as an attempt to guard females as well against seduction as unjust suspicion. We can also most cheerfully admit, what truth will not allow us to deny, that in point of virtue, the female sex is superior to our own; and, moreover, that in the particular case under consideration, the latter are in every sense, the original transgressors. They were, in the first place, the active and principal agents in producing those unnatural and unjust prejudices which have obliged females to submit to the interference of male midwives; and they stand in the same connection with regard to the crimes which grow out of this practice. And however few may be the deviations on the part of females from the path of strict rectitude, they nevertheless owe it to their moral character, as they would be above both temptation and suspicion—to their delicacy, as they would be released from the scrutiny of males—to their independency, as they ought not, in this particular, to be under any obligation to the other sex—to their own powers which Deity has endowed them with, as they are capable of rendering to each other all the assistance usually necessary at child-birth—to each and all these circumstances, we repeat, females owe it to encourage the employment of women instead of men as midwives at child-birth.

And we ought not to be satisfied by believing that our own wives are above the temptations, or beyond the dangers of which we speak. The prevalence and increase of the custom of employing men midwives, as it adds to the number of those immoral familiarities, very naturally has an extensive and powerful influence over the prevailing character of the age. "The interest, the affection, the duty,

of all, require that every effort should be made to preserve women delicate and virtuous; to keep them out of the way of temptation, as well for the present as for succeeding societies. Nothing," continues Dr. EWELL, can be more certain, than that in defiance of our wishes and expectations, our own daughters will partake more or less of the prevailing manners of the times—will be pure and refined, or indelicate and unprincipled, according to their associates. It is therefore obvious, that by assisting in the establishment and preservation of good practices in the community, we assist in perpetuating them among those dearest to our hearts."

Some, no doubt, may conclude that our remarks on the immorality of employing men midwives, are unsupported by facts. To such we can only say, that if you are indifferent as to the importance of a high-toned moral standard in the community, you will not give yourselves the trouble of investigating the causes by which this standard is depreciated; for all who feel an interest in this matter, we think, will find sufficient evidence in the arguments we have adduced to satisfy them of the correctness of the position which we have taken. We well know that the subject upon which we are writing, has hitherto excited but very little attention; but does it follow from this fact, that the custom of employing men midwives has not had a demoralizing influence? We think not. Many things, although little seen and perhaps still less known, are, nevertheless exercising a sway over the moral constitution of society, the effects of which it is much to be feared will, sooner or later, disclose themselves in the mutual and extensive corruption and degradation of both sexes and all classes in the community. It is not at all improbable that we may be censured as holding and inculcating uncharitable sentiments respecting the present and prospective state of social morality; but if the practice of employing physicians as midwives continues and becomes universal, as it seems likely to, we shall feel perfectly willing to abide the decision of discerning moralists who live fifty, nay, but thirty years hence.



But however important may be the consideration of the demoralizing influence upon the community, of employing men midwives, this is not alone the serious object of our present solicitude. "It is," in the language of Dr. EWELL, "to wrest the practice of midwifery from the hands of men, and transfer it to women, as it was in the beginning, and ever should be;" and to this object we most earnestly request the attention of every female in the community. Your good sense, your delicacy, your virtuous feelings, all must approve what we are endeavoring to accomplish. And permit not, we entreat you, any childish affectation of feeling to induce you to say or to think the knowledge of this subject is too indelicate for you to acquire. How inconsistent is such an idea with the exposures which your ignorance and your prejudice make necessary, by the employment of men to perform a simple office which properly belongs to yourselves.

"Indeed," says Dr. EWELL, "it is on account of your delicacy, that I entreat you to acquire valuable information respecting your own structure. Nature has given you functions to perform, and every body knows that you perform them; and can you seriously think there is as much indelicacy in endeavoring privately to acquire accurate information, as there is in your neglecting to do it, rendering it almost indispensable to expose yourselves to the hands and eyes of strangers?"

We do not expect all to become midwives; but we wish all to acquire a correct knowledge of the simple process of child-birth. This knowledge will have the most powerful tendency to dispel those anxious fears and gloomy forebodings so common to pregnant females, and which is a source of more misery, and of more disasters, than labor itself. But do not suppose that the idea rests upon our assertion alone. It is the opinion of observing writers, deliberately formed and candidly expressed, not for selfish purposes, but for the benefit of the world. By acquiring a correct knowledge of the simple process of child-bearing, what consoling influence might you possess and exercise over the minds of many a

tender timid woman, in those painful scenes through which the greater part of you have to pass—a consoling influence which perhaps you all need, at times, the benefit of yourselves.

“Many times,” says the anonymous female author whom we have before quoted—“many times has a house been set in an uproar, without any ground for alarm, and the unhappy patient driven to despair and thrown into fits, when all might have remained in peace, if those present had properly understood the case, and been properly enlightened.”—How important it is, on such occasion of alarm, that the husband should be competent to direct the proper measures, and thus prevent premature trouble and unnecessary panic.

We cannot dismiss this part of the subject without introducing a quotation from Dr. EWELL, which is directly in point. “It requires,” says he, “but little understanding of this subject, to enable you frequently to prove of great service in removing the fears and forebodings of many ignorant sufferers, who imagine that only professional skill can afford relief. Many such objects of commiseration have languished day after day, solely for the want of a little information in one of the attendants; all unnecessarily lamenting that physicians cannot be procured.”

Indeed, in whatever light we view the subject of midwifery—a branch of knowledge, simple as it is, of the highest importance to the whole community—decency, delicacy, reason, morality, all conspire to sanction the propriety of restoring it back to women, as it was in the beginning. Every woman knows with how much more confidence she can unbosom herself to a female than to a male, and how much more freedom she feels in the presence of a midwife of her own sex, than of the other; and that nothing short of the most exquisite suffering can make the presence of a physician even tolerable.

Most women also know, not only from the general habits and temper of men, but also by experience, the impatience of doctors in those protracted, tedious cases which sometimes occur in child-birth; and hence the disposition too often in-

dulged in, by physicians, of hurrying on the birth, to the great and frequently irreparable injury of both mother and child. On the other hand, how well do the retired occupations of women fit them for that patience of attendance which it is well known they possess; and how well does their own experience in similar circumstances qualify them to sympathize with the sufferer, and extend to her that encouragement and consolation which she so often needs. And are not women qualified—have they not the capacity to perform the common office of midwives? Most assuredly they have.

“Every day,” says EWELL, “shows that the practice of midwifery requires no particular skill, no superior knowledge, no slight of hand, nothing beyond the most common sense and observation, to do all that is required with perfect success. Nature has so wisely provided for the birth of the young, that even the extensive practice so highly rated among ladies is not necessary for the discharge of all the duties required from attendants. The male practitioners who in general from accidents have got into great repute, received their first impressions from books, from directions which any one in the country can comprehend.”

“At Athens,” observes EWELL, “a law was passed forbidding women to practice; but from perseverance among the delicate, preferring death to exposure, the law was speedily repealed. Since then no government, it is believed, has been so ridiculous as to compel such unnatural interference. In consequence, the practice has been confined to women, until within a few years, in some European countries and their colonies.”

As a contrast to the indelicate and ungallant spirit of the Athenians, however, we cannot well omit noticing the liberal, elevated, and more refined views of a few nations of more modern date. “The Danish government,” says EWELL, “viewing the employment of men midwives, in natural labor, as highly improper, established schools for the instruction of women in the principles of midwifery. Several of the German states have imitated the example.”

But with all the advantages of light and knowledge which it may be supposed the people of the United States possess, there are few countries in which the anxiety, nay the folly, of employing men as midwives exceeds ours. And yet it is an undeniable fact, admitted by BUCHAN, DENMAN, EWELL, &c. that the men midwives have done women more harm by their hurry, their spirit for acting, and we will add, curiosity, than all the ignorant and injudicious management of female midwives "about which the doctors are so fond of talking."

Many cases of the most wretched, inhuman management of midwifery might be detailed in proof of these assertions. Two cases of this character came under our own observation, in which the physician inhumanly introduced his hand, which was of unusual size, to extract the after-birth, without waiting a moment for the powers of nature to do it in the only proper manner.

In one of these cases the woman lingered out a wretched existence for a few months, and died. The other suffered much, and did not long survive. Our recollection is still often haunted by the sensations which the bare recital of one of those cases produced in our mind—the tears, the groans, the shrieks, and the earnest entreaties to be spared the torture, were such as one might think would ring in the imagination of the guilty practitioner to the end of time! The coloring of this picture is not heightened above the reality; and it would no doubt apply with equal force and propriety to thousands of cases.

A variety of the most shocking circumstances might be given from various sources; some, of doctors forcing deliveries when in a hurry, and from no other earthly cause; some, of their exhausting all their skill to produce such a result, and after being obliged to desist, nature has done her work in her own way and in her own time; some, of the mutilation or entire destruction of children, to say nothing of sudden or lingering deaths, and many other painful occurrences of minor importance. But time would fail us in collecting and rehearsing the sickening catalogue; and moreover, we wish rather to convince the judgement than to excite

the fears of our female readers. Truly there has been enough to create alarm; but the greater part of the really bad cases have been made so by art and not by nature—by improper interference, instead of patient acquiescence; and instances of this kind have been full as frequent in the practice of physicians as of the most ignorant women. Nature is, in general, competent to perform her own work, and cannot be meddled with only at immense hazard.

Dr. DENMAN, in enumerating the causes of difficult labor, observes: "There is one much more frequent than the rest, which is the derangement of the order of labor by an officious interposition, or by improper management. Upon this subject," continues he, "it would be unpardonable to make an assertion, which is not supported by experience; but I am now fully convinced, that the far greater number of really difficult labors to which I have been called, (and I must not conceal the truth on this occasion, that many of those which have been originally under my care,) were not difficult from unavoidable necessity, but were rendered such by improper management, in the commencement or course of labor." There is certainly a great deal of candor in this acknowledgement of DENMAN's; more, we fear, than often falls to the lot of professional men. Indeed candor and honesty seem to be diffused through the whole work of this eminent individual; evincing that he wrote for the benefit of the world, rather than the selfishness of the profession.

It is agreed, we believe, by the best authors, that natural labors do not come within the scope or purview of the art of midwifery, which can only be properly applied to those cases which need assistance. The great object, therefore, of the works upon this subject, is to instruct how to manage difficult labors; and hence, the bare contemplation of what these works contain, strikes the mind of the inexperienced with alarm and terror. Indeed, but few persons, we presume, excepting those who are accustomed to the practice, could cast their eyes over a ponderous volume, and find it contained little else than details of cases the most desperate, or operations the most painful and horrible; without concluding



that child-birth is a scene of hazard from which scarcely one could escape with life.

But should these same books contain general registers of all cases indiscriminately as they actually occur in midwifery practice, the *unnatural* interspersed amongst the *natural*, those desperate and alarming ones, so much the objects of dread and terror, would be so "few and far between," that child-birth would be stripped of almost all its terrors. And when from this number we deduct those cases which are rendered difficult by malformation, or by improper management of either mother or midwife, the simple though painful process of parturition, would be found to present much less cause of alarm than is commonly attached to it. And why is it, we will ask, that popular opinion has become impressed with such sentiments of terror at the consequences of labor. We answer—in part; because of the mystery which has designedly been thrown about the process of delivery; and partly because of the high colored tales of difficulties and dangers which practitioners of midwifery too often represent themselves as having been the means of dexterously or miraculously removing.

But to correct the false impression which the affected knowledge and dexterity of those trumpeters of their own fame have so injuriously made upon the public mind, we are happy in having it in our power, from registers or tables, to set the thing in its true light before the reader. These registers are derived from different practitioners, both male and female, and from different countries. The following is a condensed result of them, obtained from a late work on Midwifery, by a French author:

MERRIMAN gives, as the result of 1800 cases of midwifery, 1746 natural or spontaneous labors, to which may be added 23 more that were regarded as unnatural only because there was more than one child, making in all 1769 natural, and leaving only 31 unnatural labors in the whole 1800 cases.

At the Maternite, at Paris, out of 20,357 labors, 20,153 were natural, and 204 only unnatural.

Under the superintendence of Dr. BLAND, out of 1897 cases 1860 were brought to a conclusion by the hand of nature.

“Madame LACHAPELLE, in her new tables, divides the labors that have fallen under her notice into two periods; the first, extending from the 1st Germinal, year IX, to the 31st December, 1811, comprises 15,662 cases, of which 15,380 were spontaneous, and 272 were difficult: the second, which extends from the 1st January, 1812, to the 31st December, 1820, comprises 22,243 labors; of which 21,974 terminated without any artificial assistance, and 269 by the assistance of art.”

In Dr. BOER’s statement of cases at the Obstetrical School of Vienna, out of a total of 9,590, only 102 were difficult or unnatural.

It would also seem probable, from a comparison of different presentations, by VELPEAU, that another French lady, Madame BOIVIN, had been equally fortunate with LACHAPELLE. He cites, in one 20,357 cases, and in another, 20,517 under the practice of Madame BOIVIN; almost all of which, from the mode of presentation, must have terminated without aid.

The cases which we have selected are, we freely acknowledge, from amongst the most favored practitioners.— But as these often very justly accuse those who are less fortunate than themselves, with injudicious management, may we not also suppose that even those most favored might also have the same charge applied in a less extended sense to themselves? There is certainly too much reason to concur in the idea of DENMAN, “that the abuse of art produces evils more numerous and serious than the imperfections of nature.”

We can very cheerfully admit, however, that the art of midwifery has, when rationally and judiciously practised even by men, been the means of saving some lives; but when we compare the small amount of good done in this way, with the vast amount of evil which has resulted from the haste, the impatience, the inquisitiveness, and the want

of caution, too frequently predominant in men midwives, we shall very probably arrive at the conclusion, that it would have been better for the world, had men never interfered with the practice. We wish, in making this suggestion, to be correctly understood. We believe that ninety-nine cases in a hundred will terminate without any aid *from art whatever*; leaving but one case in a hundred requiring assistance. Of this number, probably nine-tenths could be delivered by the ordinary female midwives; the other tenth; suppose they die, the mortality would be far less than it now is. Hence we infer that the custom of employing men midwives is productive of more harm than good.

We do not wish to be understood as attempting to give the exact proportions of difficult cases occurring in practice, though perhaps it might not be far from the truth. But we are morally certain that with judicious female midwives, and the use of such botanic medicines as act in harmony with the laws of life, many of the most alarming difficulties attending the practice of midwifery may be removed and the number of deaths very much lessened.

The dangers attending, and evil consequences following, the incorrect or improper treatment either of diseases arising during pregnancy or of difficulties occurring at the time of child-birth, are acknowledged as well as justly deplored by all humane physicians. And these consequences are not only more liable to take place at the times alluded to, but they are also liable to be far more serious than at other times and under other circumstances. And why is this so? We ask this question in allusion to the mineral practice.—The answer, to us, is obvious: It is because the remedies employed act contrary to the laws of nature, perverting the very order they are designed to restore!

In the progress of pregnancy, and during the process of child-birth, a great number of organs are brought into play than at other times, which are acting a new part in the grand machine. Hence the machinery being more complicated, is more easily affected and more extensively influenced by the same causes, than at other times. Therefore, if any

mode of treatment adopted be wrong, the evil consequences will be more immediate, and more extensive, and the effects more sensible. These we conceive to be the true reasons why more difficulty and more danger attends the administration of improper medicines at or during those periods of which we have been speaking, than at other times.

But in the employment of innocent botanic remedies, which act as medicine should always have acted, in unison and harmony with the laws of nature, these difficulties are all avoided. The machinery, however complicated, or however deranged in its action, may, with such medicines, be restored, if its structure be not too much injured, or its powers exhausted, without the uncertainty and hazard of doing it an injury instead of a benefit. This is the plain and distinguished difference between the botanic system and the too common practice of bleeding, physicing, refrigerating, and starving, so much relied upon by the medical faculty.

In every point of view then, it is most proper, most rational, most correct, and most agreeable to both husband and wife, to have the practice of midwifery restored back again into the hands of women and of nature. Although we do not expect all women to become midwives, yet we wish them generally to become acquainted with the simplicity of natural births, which, as we have heretofore said, constitute at least ninety-nine hundredths; and no doubt, with proper management, might far exceed that proportion. This knowledge would enable any woman to act on any ordinary occasion, when no professed midwife was at hand, as very frequently happens in remote situations. And if women possessed this information, and would teach it to their daughters who are about to become mothers, how much painful anxiety would it save? how much distress and anticipated trouble and pain of mind would it remove?

We beg leave once more, in these introductory remarks, to employ the language of Dr. EWELL. "If the difficulty," says he, "of obtaining doctors at the proper time—if the indelicacy and tendency to immortality of having them in any but the critical and unnatural cases—if the propriety of giv-

ing to helpless women proper employment and support—if the salvation of many women, who, shocked at male interference, have their pains vanished and their minds deranged, and who sometimes prefer death to exposure—if the salvation of many children, born almost without warning—if the prevention of the destructive interference of ignorant attendants, cannot, united, induce you to attend to this subject, the mechanical advantage between a man's and a delicate woman's hand, ought to command your decision in favor of employing and encouraging female assistants. Such is the confined organization of the parts for our birth, and such the large size of men's hands, that I verily believe *as much mischief as good has been done by them*, as has been stated by more extensive observers than myself."

"The rule," continues he, "that I would prescribe for the females for whom I felt the most affection and solicitude, would be that which I now urge—on no account submit to the interference of men in common labor; but do it most readily in the uncommon cases, when a nurse, under the direction of a physician, cannot afford relief. I will venture to add, that there is not a physician, disinterested, of sound sense, who would not approve the rule. The best authors on midwifery decidedly recommend it."

We have already extended this article to a great length, hurried on by the high importance of the subject under consideration; but we cannot yet dismiss it without an appeal to every feeling of the female breast which repels the idea of employing male midwives. And you all know that these feelings are strong: they are modesty, delicacy, and a sense of moral and conjugal propriety, over which nothing can, or ever has predominated, but the pains of child-birth, joined to the mystery under which this process is designedly cloaked; together with the thousand changes which have been rung upon the few cases of difficulty and danger which have occasioned in the practice of midwifery. No! nothing else than what we have enumerated has driven women to the unpleasant—the unnatural dilemma, of calling upon men instead of women to act as midwives. Away, then, with



all these false ideas; satisfy yourselves of their absurdity; inform yourselves that nature is simple—her operations simple, and that in almost all cases she is adequate to their complete performance, whilst interference can only be offered at the certain hazard of doing an injury.

And to husbands we beg leave to tender the same advice. Make yourselves acquainted with these things; they are matters of high moment to you, as well as to your wives; they are susceptible of your complete comprehension; and your love for a tender wife, and your duty to her and to your children, alike impel you to the task. Let no false delicacy nor “mock modesty,” we anxiously intreat, deter you from it. Your wives, by your means, bear children; they contribute alike to your happiness as well as hers; and you ought to neglect no opportunity of acquiring every information by which you might be of service to her during the tedious months of pregnancy, or in the painful hour of labor.

Satisfy yourselves, we beseech you, that the difficulties and dangers of child-birth are very much, and no doubt designedly, magnified—that they are scarcely to be dreaded, when compared with the happiness and high duty on the part of wives, of being mothers. Teach them the simplicity of the process so fearfully anticipated, and that whilst one is destroyed by it, hundreds pass safely and without difficulty through it. Nor let that kind of delicacy which forbids men to inquire into or understand the art, of the situation of their wives when in labor, deter you from this important duty. If by this knowledge, you are, as you might on some occasions be, able, by preventing officious interference, to save the life of wife or child, or perhaps both, it would be an ample, a more than equivalent compensation, for any sacrifice of delicacy which you might feel compelled to make. Indeed what has delicacy—false delicacy—to do with a matter of such deep interest to the husband?

Nay, with but little qualification, you might be enabled, in cases of emergency, to act as midwives yourselves, or if you choose, you might, as many do, perform at all times this of-

fice for your wives. There is no immorality, immodesty, nor indecency in it. And how infinitely more natural, more proper, and more consistent with morality, than to employ a physician at the sacrifice of so much delicacy of feeling on the part both of yourselves and wives? These feelings were not given to be violated—to be thus wantonly trifled with. They are a part of that law which the Creator has ordained for the regulation of the creature, and cannot be violated with impunity. There is a punishment annexed to the transgression; and in this case seems doubly severe—it is a tax upon the delicacy of your own and your wives' feelings, with the frequent loss of them and your children.

## CONCLUSION.

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First to the friends of Medical Botany I would say, I have now passed through the labors exhibited on the preceding pages with intense application and patient investigation, so far as multiplied cares and conflicting claims on my attention will admit. And looking over, I find my work somewhat extended beyond its original design. But this I fondly hope will be a cause of satisfaction rather than censure. Though with you as well as me its numerous imperfections will be a cause of regret. But in view of these, I can only say, that I have done the best that I could, within my prescribed limits. Had I have composed a larger book I could have embraced more, that some will think desirable, and could indeed have answered my own mind better. But to do good on that extensive scale that I anticipate, my book must be so small, that I can afford it at a small price, so that the poor, as well as the rich, will be able to purchase. And you are perhaps aware, that books on Medical Botany have generally been sold for a price that most people are unwilling to pay. And indeed the small progress that the Botanic cause has made in our country is in a great measure referable to this circumstance. I have now before me five Botanic Medical works, they have been sold, one at \$6,00 two at \$15,00 each, and two at \$20,00 each. And two of these are smaller than the one that I intend to offer.

It will also be observed, that the order or arrangement of the book is in some particulars defective. My apology for

this must be, that I have been under the necessity of publishing the work before I could get it fully prepared. And when it is known that a part of it was in the hands of the printer, while the remainder, nearly one half, was still preparing for the press, at a distance of more than forty miles, it will not be thought wonderful that it should not perfectly harmonize in all its parts. But such of my friends as are tenacious of the Thompsonian peculiarities will perhaps be ready to prefer more serious charges.

I allude here to the fact that I have recommended some articles as medicines, the use of which Dr. Thompson condemns. For the Thompsonian practitioner frequently remarks "we are bound to not mix the practice." To such I would say that I am bound only by the principle of moral obligation, believing that "God will bring every work into judgement." Hence I "call no man master." But according to the light that I have, so I speak, gleaning from every source within my reach, as my judgement approves, advancing no sentiment but what I am willing to submit to the trying ordeal of severe scrutiny and sober investigation.—For I do not wish to curse the present generation, with the prevalence of my errors nor to entail them upon future posterity. And "whatsoever I would that men should do unto me, so I do," while I look again at some of the sentiments advanced by the justly venerated Dr. Thompson.

A considerable number of vegetable substances the doctor has recommended as medicine while he has condemned many others. Hence I will venture to call him, and all that follow in his track, semi-Botanic. For I boldly affirm, that there is not an article of vegetation that springs from the Earth, but what may be advantageously used for medicinal purposes. And I have not a doubt, but that the more this subject is candidly investigated, the more men will become convinced that what I here affirm is strictly true. It does not reflect much honour upon our beneficent, and all-wise Creator, to walk over the extended plains, pointing to the humble plants beneath our feet, and to the rising vegetation around us, crying, poison! poison!! good for nothing!!!

My opinion is, that the vegetable kingdom affords a remedy for every disease incident to the frail body of man, and that the application of these, both as it respects efficiency and variety, is only limited by the imperfection of our knowledge. And the universality of medical botany may be well argued, in the light of chemistry and sound philosophy, from the well known affinity that exists throughout the whole mass of vegetation. And the adaptedness of vegetation to medicinal purposes, I have already shown, from the analogy that exists between Animal and Vegetable matter, (see preface.)

But to meet the objection more directly, that is brought against the use of vegetable poisons. It has been asked, why should we use vegetable poisons, while we reject mineral poisons. I answer: because we use vegetable poisons every day we live, if we live by eating, and we realize the salutary effects of such a course. But is it replied, that in our food, the poison is so variously combined, and is, of consequence, used in such minute portions that it does no harm. True, and so let it be used as medicine, combined or apportioned, by nature or art, according to circumstances, and it will be equally harmless. But excess, in either case, might be destructive of life. And here let me say that if Botanic's would occupy this broad and liberal ground, and thus be consistent with themselves, they might remain invulnerable to the attacks of the combined powers of medical mineralizers. But the principle on which I base my theory, or distinction, should, perhaps, be more fully shown.—By our merciful Creator the animal body is provided with an excretory power by which all useless or hurtful vegetable substance that becomes incorporated in the system, is thrown off in due time. And hence, the most deadly vegetable poison, taken into the stomach, if it be not in such quantities, as will produce immediately calamitous results by its irritating or spasmodic influence on the stomach or bowels, will soon pass off and do no lasting injury. But in the animal economy, there is no such provision made, with reference to minerals. It is true, they may be taken into the stomach,



and passed off by stools. And this is the only way in which they can be used, with impunity. But if taken in small quantities so that they rest in the stomach, they are taken up by the absorbent vessels, and are thus forced into the system where they remain till the body is dissolved to dust, unless previously extracted, or expelled by art.

For sad experience has shown us that though the absorbents of the inner and outer surface may be compelled to take them up, yet the excretory power will have nothing to do with them.

There are a few other points of difference, of minor importance, between myself and the particular adherents of Dr. Thompson, which they will perhaps notice. If so, I hope they will cultivate a spirit of forbearance. And use those remedies that they find the most successful in removing disease, and manifest a willingness, that others shall do the same; provided their practice do not conflict with the true principles of Medical Botany. It does not place the intelligence & scientific research of the present generation in a favorable point of light, to concede to Dr. Thompson the honor of having discovered all that is desirable to be known on this subject. It is true that he made a considerable number of valuable discoveries with reference to the healing art, which have been of vast benefit to the world.— But he has at the same time made some egregious blunders and advanced some erroneous sentiments which ought to be buried in eternal forgetfulness.

All that is known on the subject of the healing art, is but a trifle in comparison of what ought to be known. For while science has done much to promote the general happiness of man, it seems to have done but little to stay the ravages of death, and fell disease. Thousands in early youth or in the prime of life are continually hurried to an untimely grave by death's relentless power. And no means has yet been found, or at least, not generally made known by which diseases, the agents of death, can be destroyed, and thus the life of man prolonged, to that maturity, for which he has been undoubtedly destined by his merciful Creator. We not un

frequently see persons apparently in the enjoyment of usual health, and in the bloom of youth, in an unexpected moment seized by the ruthless hand of some dire disease which sets at defiance the wisdom, and baffles the combined skill of a host of attending physicians of high pretensions; until in a few hours, or days at most, death does its untimely work.—The funeral obsequies close the scene, the healing farce is all forgotten, the tilted M. D's retire without any reproach upon their high profession, to act the same, again, or to make another display of their superior intelligence as soon as disease will again bless them with a favorable opportunity.—Many indeed, of this learned profession, in view of facts of this character, or under a sense of the almost entire inefficiency of the healing art, have been moved by principles, highly honorable to themselves, to devote their energies, talent and learning to some pursuit in life, more consistent with the principles of common honesty, and true benevolence.

To corroborate the above, I will farther state, that from an extended acquaintance with all classes of community for many years, and from frequent conversation, I am led to believe that thousands of persons of acknowledged candor and intelligence, are of opinion that were the medical faculty taken from the earth, with all their boasted remedies, never to be replaced, that the life of man would be extended and disease lessened, by such a circumstance. It will however be conceded that the remedies in general use, not unfrequently lessen disease, and prolong life, but it is believed that they are more frequently attended with a different result.

But now for the cause, or the most prominent cause, of this slow process of medical science. An ambitious man has started up, Dietrophus like, loving to have the pre-eminence, he publishes a work which he is pleased to call the theory and practice of medicine, or something similar, with several touches of high pretensions. It attracts the attention of the literati; they give it a few large puffs. And now its character is established, as a standing oracle. The Di-

plomated multitude bow to its authority and every dose of medicine must be given according to its dictation whether right or wrong, and if it chance to produce calamitous results, as it often does, the astonished practitioner stands aghast, and exclaims, I believe he will die, but if he does, "he will die according to the book." And thus this medical code must remain, and the name of its author be referred to as a justification for every act, till something more ingenious and obstruse, and more be-spattered with "vain philosophy" can be got up, and shoved out as before. And then the more novel and popular doctrine must again prevail, and the opinions that were once regarded as the test of medical orthodoxy, must now be condemned as obsolete and absurd. Those who are versed in the annals of medical science are well aware that this state of things has long prevailed, and among the self styled faculty, there appears but little hope of reform. It is true that many, even of these, have nobly burst the cords of early prejudice, refusing longer to be chained to the chameleon car of a medical dogma, and have adopted the true principles of the healing art. And thus large accessions to the botanic ranks have often been made. And the cause of medical botany has, in many respects, been shoved forward with triumphant success. While many are continually snatched from the brink of the grave, and restored to the enjoyment of life and health, by the judicious administration of botanic remedies, when all other means have been tried in vain. But still "we know but in part." And this consideration should prompt us to unceasing efforts to advance this cause, which promises to be an invaluable blessing to the present, and future generations. But to this end we should be careful that we do not rest on the imperfect attainments of those that have gone before, and thus perpetuate their errors, and prevent all further improvements. Dr. Thompson, no doubt, has been convinced of the smallness and imperfection of his discoveries; which have been so great a blessing to the world. And I would fondly hope that the day is not far distant, when all our little attainments shall be looked down upon, by some more exal-

ted and enlightened mind, and all our errors be exposed with unsparing hands.

Then let us no more contend for the peculiarities of Thomsonianism, or any other ism. I despise those isms in my very soul! They have been the curse of the world, from time immemorial. I have shown an instance of this in the above. And shall we trudge on in the same disgraceful track? Nay, let us use the reasoning and investigating powers that God has given us, and thus become more exalted in the scale of being and rational intelligence. If my thoughts, views or opinions are the best that a man can get, I want that he should use them till he can get something better, and no longer; and thus never cast anchor within the small circle of my little discoveries.

Our prospects in Michigan are truly encouraging. Our enlightened Legislature have nobly stood forth to defend the great and glorious principles of equal rights, upon which all true republican governments are based. The petitioners, who so timely brought this subject before them, are worthy of all praise. Will every true republican of Michigan still be on the alert, and watch as with an eagle's eye to defend what we have gained in this particular; lest some black-hearted aristocrat shall move an opposition. But I can hardly suppose, however, that we have much to fear in this respect, for more than one half, no doubt, of the inhabitants of Michigan are decidedly in favor of the Botanic practice of medicine. And the other half seem to be coming along, or at least, they are not very hostile. But stop! this includes doctors and all. I beg your pardon, gentlemen, I would offer no indignity to your honorable fraternity. No doubt some of you are very sound in the faith. But suffer me to say, with all due respect, that many I know, are much shaken, or at least, they have so indicated, in conversations that I have had. And many more, no doubt would be, were it not true of them, as said the prophet, "their eyes they have closed, lest they should see with their eyes, and hear with their ears and understand with their heart, and should be converted." But I would not "despise dominion" nor "speak

evil of dignities" nor attempt to impeach the purity of your motives, though it should be known that many, as wise as the wisest of you, and not a whit behind any of you in point of experience, have become convinced that the mineral practice of medicine is theoretically, practically and morally wrong; that it is a curse to the world, and that it ought to be abandoned. And it is under a solemn conviction that such is the fact, that I have penned the preceeding pages, and this must be my apology to you, gentlemen, for the seeming severity with which I have sometimes spoken. It requires hard blows to batter down the strong walls of long established customs and habits, even though they are based upon the dirty quagmires of ignorance and error. It is truly unpleasant for me to enter the arena of public strife, for I love to "live peaceably with all men." But while I regard the life of man as a blessing from Heaven, and see this short period continually abbreviated by unhallowed art, my feeble pen must not be stayed by considerations of a conciliatory character. There is one respect, gentlemen, in which you possess a mighty advantage over us of the Botanic school: fashion is mostly in your favor, for though a large majority of every class of community are undoubtedly convinced of the vast superiority of our mode of medical practice, yet fashion has never condescended to lavish her smiles upon us. And the old maxim, that it is better to be out of the world than out of fashion, is, with many strictly lived up to; while they manifest a willingness rather to die in a fashionable way, than to be cured by reputed quacks, empirics or steam doctors. It is true when grim death begins to stare at them in the face, and they have proved the utter insufficiency of all popular remedies, then, if not prevented by cruel friends, or deterred by the dreaded frowns of attending physicians, they will sometimes call for more rational and efficient aid. But if one of our despised fraternity is near at hand, you most generally hold on to your dying patient with a grasp of desperation, assuring him continually, that there is hope of his recovery till the fountains of life are so far exhausted that no earthly power can save.



Scores of instances of this nature can be called to mind, by which it would seem that you would rather that ten should die on your hands (for this is almost no reproach at all to you regular's) than that one, whom you have given up to die, should be saved by one of us. I affirm not this as true of you all, there are no doubt numerous and honorable exceptions, for some of you have condescended to say to your patients "I can do no more" while they have yet been found to be within the reach of such remedies as we are wont to use. But how has it fared with us when we have been called under such circumstances and have indeed found that no earthly means could save, but at the same time moved by feelings of commiseration we have given some soothing remedies to mitigate the sufferings of a dying hour. No sooner has the vital spark become extinct than it become trumpeted from "Dan to Barseba" that steam and lobelia have done the dire deed of death.

But again, to the friends of the botanic cause it should be known what facilities are now afforded for carrying forward this benevolent enterprise. We have heretofore, till of late, labored under great embarrassments in consequence of having no Botanic Medicine Manufacturing Establishment in the State. And our scanty supplies of manufactured articles have been furnished from the Eastern States at an enormous price. But I have at length succeeded in getting a mill in operation, propelled by water power, for no other purpose than to grind medicine. And it is intended that all the pulverised articles, in common use, shall be kept constantly on hand, to be furnished to order, on the most liberal terms. Indeed we have already a considerable variety and are endeavouring to supply what is wanting as fast as possible. And any persons having barks or roots which they wish to have ground can forward them for that purpose; and they will be well done for a fair price, and returned according to directions. Some articles too, in a crude state I shall wish to purchase, a list of which I shall furnish at the close of this. I have also a drying kiln. So that articles furnished to be ground, if not sufficiently dry, that inconve-

nience can soon be remedied. I have a distilling apparatus designed for extracting oils and manufacturing alcohol, consequently, essences, of most kinds I can furnish at a much lower price than they can be obtained for, from any other source. I have a large boiler, designed for preparing extracts. So calculated, that there is no danger of burning those articles; which is a consideration of great importance. And it is perhaps generally known, at least to a considerable extent, that during several years past, I have prepared numerous medicinal compounds, which have been extensively used. And as these have met with general approbation it is intended that they shall be furnished, still more extensively. But it will be observed that I have said nothing of the constituent principles of these in the list of compounds previously given in this work, I have indeed, there mentioned several articles that will fully supply the place of some of my compounds. But some of my articles, which have attracted considerable public notice, I have not thought proper to describe lest some should avail themselves of such information to manufacture and send out spurious articles under the same name, and thus do a great injury to the public.

But to those who wish to purchase my compound articles, to sell again, I will furnish them much lower than they could possibly prepare them, themselves, if they had all needful information. But before I close this extended article I would suggest one thought for the consideration of Botanic Physicians in Michigan.

We have long thought of forming an association of those who practice medicines on Botanic principles; and much has been said on the subject. But I am not aware that any efficient measures have been taken to effect the object.—We all feel the importance of becoming an organized body, with some fixed principles of action; by which the public can have an assurance as to the qualifications or competence of those who profess a knowledge of the botanic practice.—And as an interchange of thought and sentiment on this subject is desirable, I here take the liberty to offer myself as a medium of correspondence for the accommodation of those

who feel an interest in the measure proposed.

All communications on this subject must be addressed (post paid) to me at Auburn, Oakland Co. Michigan. For though I am within the town of Pontiac, yet I am in the village of Auburn.

The following is a list of the principal Compounds that I offer to the Public; the most of which are accompanied with Labels of instruction, for their appropriate use.

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IMPROVED BOTANIC PILLS,  
 ALTERATIVE, *or* LIVER COMPLAINT PILLS,  
 RHEUMATIC *or* BONE OINTMENT,  
 COMPOUND VEGETABLE WORM POWDERS,  
 RHEUMATIC *or* BATHING DROPS.  
 CATHARTIC POWDERS, No's 1, 2 & 3.  
 VEGETABLE TONIC BITTERS,  
 BALSAM OF HOARHOUND,  
 VEGETABLE COMPOSITION,  
 STRENGTHENING PLASTER,  
 DIAPHORETIC POWDERS,  
 COMPOUND FLUID EXTRACT OF SASSAPARILLA,  
 ANTI-RELAX PILLS,           YELLOW OINTMENT,  
 LAXATIVE PILLS,            EYE-WATER,  
 ANODYNE PILLS,            HEAD-ACHE SNUFF,  
 LINAMENT FOR PILES,       FIT DROPS,  
 STICKING SALVE,            LIQUID OPODELDOC,

---

The following articles I intend to purchase, if furnished, of a good quality, and at a fair price.

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|  |   |
|--|---|
| ANGELICA ROOT,                         | PRICKLY ASH, ( <i>berries</i> ),          |
| AVEN'S ROOT,                           | PRINCE'S PINE,                            |
| BETH ROOT,                             | RUE,                                      |
| BLOOD ROOT,,                           | SENECA SNAKE ROOT,                        |
| BALMONY, ( <i>the Herb.</i> )          | SKUNK CABBAGE ROOT,                       |
| COHUSH, <i>blue, red, bl'ck, white</i> | SOLOMON SEAL,                             |
| COLOMBO,                               | UNICORN ROOT,                             |
| CRANE'S BILL,                          | GOLDEN SEAL,                              |
| CRAWLEY,                               | JUNIPER BERRIES,                          |
| INDIAN HEMP, ( <i>the Root</i> ),      | LADIES' SLIPPER, ( <i>Roots</i> ),        |
| INDIAN <i>or</i> WILD TURNIP,          | LOBELIA, ( <i>the herbs &amp; seed</i> ), |
| COLT'S FOOT SNAKE ROOT,                | GENTIAN.                                  |

## GLOSSARY,

OR EXPLANATION OF THE PRINCIPLE TECHNICAL TERMS USED  
IN THIS VOLUME.

---

ACID. Sour.

ACIDITY. Sourness.

ALTERNATE. In Botany, branches and leaves are said to be *alternate*, when they come out singly on opposite sides of the stem, but not opposite to each other, following in regular and gradual order, first on one side of the stem and then on the other.

ALKALI. That which has the power of destroying acids, as pearl-ashes, &c.

ALTERATIVE MEDICINES. Are those remedies which are given with a view to re-establish the healthy functions of the animal economy. Preparations of mercury, as calomel, or the blue pill, in small continued doses are generally used for this purpose. And they no doubt in many instances produce the desired result. But the deleterious influence of those poisonous minerals, often left in the system, is a greater calamity than the disease.

The author's Alterative pills have produced Alterative results, removing obstructions and other diseases from the liver, and consequent pains from the side and other parts of the body, which could never have been effected with mercury in any form.

ANODYNE. Any medicine which eases pain.



**ANNUAL.** Yearly. In Botany, applied to plants which grow from the seed and arrive at perfection in one year.

**ANTACID.** That which destroys acidity or sourness.

**ANTI-PHLOGISTIC.** That which has the power of counter-acting inflammation.

**ANTHELMINTIC.** Whatever destroys worms.

**ANTI-SEPTIC.** Preventing putrefaction or mortification.

**ANTI-SPASMODIC.** That which removes or tends to prevent spasms.

**ASTRINGENT.** That which prevents a looseness of the bowels.

**APERIENT.** Moderately purgative.

**APTHOUS.** Pertaining to the thrush.

**BIENNIAL.** In Botany, is applied to plants, which from their roots and leaves the first year, produce their fruit the second year, and then perish.

**BITERNATE.** Twice-ternate; applied to a peculiarly formed compound leaf.

**BULBOUS.** In Botany, root of a round shape; as an onion, &c.

**CATHARTIC.** That which produces purging of the intestines.

**CHRONIC.** When applied to disease is one which is inveterate or of long continuance, and mostly without fever.

**CARMINATIVES.** Medicines that expel wind.

**CATAPLASM.** A kind of soft poultice.

**CACHECTIC.** Having an ill habit of the body.

**CEPHALIC.** Pertaining to the head.

**CONSTIPATION.** Costiveness.

**CONDAMENT.** A seasoning.

**CONGESTION.** A collection of matter.

**CORROBORANT.** Strengthening.

**CONVALESCENT.** Recovering health.

**CULINARY.** Belonging to cooking.

**CUTANEOUS.** Pertaining to the skin.

**CUTICLE.** The outward skin.

**DECOCTION.** A tea made by boiling any substance in water.

**DECUMBENT.** Declined, or bending down.

**DEMULCENT.** Softening.

**DEOBSTRUENT.** That which removes obstructions.

**DELETERIOUS.** Deadly, destructive.

**DETERGENT.** Cleansing, cleaning.

**DIAPHORETIC.** That which, from being taken internally, promotes perspiration, or discharges by the skin.

**DIGEST.** To dissolve; in chemistry, to soften and prepare by heat; the action of a solvent on any substance; often applied to the infusing of any medicinal substance in spirits.

**DISCUTIENT.** An application which disperses a swelling or tumour, or any coagulated morbid matter.

**DIURETIC.** That which, by its internal application, augments the flow of urine from the kidneys.

**EMETIC.** A medicine which provokes vomiting.

**EMMENAGOGUE.** That which promotes the monthly evacuations.

**EMULSION.** A liquid softening medicine.

**EPIDEMIC.** Any disease that attacks many people at the same season, in the same place.

**ERRHINES.** Medicines, which, when snuffed or taken into the nose, excite sneezing, and increase the secretion of mucus from this organ.

**ERUPTIVE.** The bursting forth of humours on the surface of the skin.

**ESCHAROTIC.** Caustic; corrosive; eating.

**EXOTIC.** Foreign; not a native.

**EXPECTORANT.** Medicines which increase the discharge of mucus from the lungs.

**FAUCUS.** The back part of the mouth.

**FEBRILE.** Pertaining to, or indicating fever.

**FIBROUS.** Consisting of slender threads; the small slender roots of plants.

**FILTER.** To strain through cloth, paper, or other porous substances.

**FLATULENCY.** Windiness in the stomach and intestines.

**FLUSH.** A transient redness and heat of the cheek or face.

**FOMENTATION.** A sort of partial bathing, by applying

flannels dipped in hot water, or medicated decoctions to any part.

**FUR.** A coat of morbid matter collected on the tongue of a diseased person, especially in fevers.

**FEBRIFUGE.** That which possesses the property of abating the violence of any fever.

**FUNGUS.** Proud flesh.

**FOLIOLE.** Having two leaves.

**GARGLE.** Medicated preparation for washing the mouth and throat.

**GANGRENE.** The first state of mortification.

**HECTIC.** Habitual; denoting a slow, continual fever;--marked by preternatural, though remitting heat, which accompanies the consumption, &c.

**HEMORRHAGES.** Fluxes of blood, proceeding from the rupture of a blood vessel, or some other cause.

**HYDRAGOGUE.** A medicine that occasions the discharge of watery humours from the body.

**INDENTED.** Notches cut into any thing; making sharp points like teeth.

**INFECTION.** That which taints or corrupts; having qualities which may communicate disease from one to another.

**INFUSE.** To steep in liquor without boiling, for the purpose of extracting medicinal qualities.

*Intermittent.* Ceasing for intervals of time.

*Jagged.* Uneven; having notches or teeth.

*Lanceolate.* Oblong, and gradually tapering towards each end; shaped like a lancet.

*Laxative.* A medicine that relaxes the bowels; a gentle purgative.

*Menstruum.* All liquors are called menstruums which are used as dissolvents, or to extract the virtues of medicines, by infusion or decoction.

*Morbid.* Diseased, sickly.

*Mucus.* A slimy, ropery fluid, secreted by the mucous membrane.

*Narcotic.* A medicine which has the power of procuring sleep by stupefaction.

*Nausea.* An inclination to vomit, without effecting it; also, a disgust of food, approaching to vomiting.

*Nervine.* Any thing that affords relief from disorders of the nerves.

*Nitre.* Salt petre.

*Oval, or Ovate.* Of the shape of an egg; inclined to the shape of an egg.

*Pectoral.* Pertaining to the breast.

*Peduncle.* In botany, the stem or stalk that supports the flower of a plant, and of course the fruit.

*Pendulous.* Hanging down; swinging; suspended.

*Perennial.* In botany, a plant or root which lives or continues more than two years.

*Perspiration.* Evacuation of the fluids of the body through the pores of the skin. The matter perspired, or sweat.

*Petioles.* The foot stalks of a leaf.

*Pinnated.* In botany, a pinnate leaf is a species of compound leaf, wherein a simple stem has several small leaves attached to each side of it.

*Plethoric.* In medicine, fullness of blood, &c.

*Pubescent.* In botany, the state of being covered with either hair, down, bristles, beard, &c.

*Pungent.* Sharp; biting; pricking; stimulating.

*Purges or Purgatives.* Medicines which increase the intestinal discharges by stool.

*Radical.* Pertaining to the root.

*Refrigerating.* Cooling; allaying heat of the body or blood.

*Respiration.* The act of breathing.

*Rubefacient.* A substance which, when applied a certain time to the skin, induces a redness without blistering.

*Sanguinè.* Abounding with blood; plethoric.

*Scorbutic.* Diseased with scurvy.

*Scirrus.* A hard tumor commonly situated in a glandular part, and often terminating in a cancer.

*Secretions.* The act of producing or separating from the blood, substances different from the blood itself, &c.

*Sedentary.* Accustomed to sit much, or to pass most of the time in a sitting posture.

*Serated.* Notched like a saw.

*Serum.* 1st. whey; 2d, the fluid which separates from the blood when cold and at rest.

*Sialagogue.* Those medicines are so called which excite an uncommon flow of saliva.

*Sinapism.* A poultice, as of mustard, or other warming stimulating substance.

*Solvent.* Having the power of dissolving; the fluid in which any thing is dissolved.

*Spasm.* Cramp, convulsion.

*Spasmodic.* Pertaining to cramp or convulsion.

*Stimulent.* Medicines which excite the action or energy of the system.

*Stomachic.* That which strengthens the action of the stomach.

*Stranguary.* A difficulty in voiding urin, attended with pain.

*Styptic.* A medicine which has the quality of stopping discharges of blood.

*Sudorific.* A medicine that produces sweat, or sensible perspiration.

*Suppuration.* The process by which pus or matter is deposited or formed in inflammatory tumors.

*Syphilis.* The venereal disease.

*Terminal.* Growing at the end of a branch or stem; terminating.

*Ternate.* Waiving three leaflets on a petsole.

*Tonic.* A medicine that increases the strength or tone of the animal system.

*Triennial.* Continuing three years.

*Trituration.* The art of grinding to powder.

*Tumor.* A morbid swelling or enlargement of a particular part.

*Ulcer.* A morbid sore which discharges pus or matter.

*Umbel.* Flowers resembling in their form, an umbrella.

*Vermifuge.* A substance that destroys or expels worms.



from animal bodies.

*Vertigo.* Dizziness; giddiness of the head.

*Viscera.* The bowels; the intestines.

*Viscid.* Glutinous; sticky.

*Volatile.* Capable of wasting away suddenly from exposure to the air.

*Whorls.* Flowers, or leaves, which surround the stem in a ring.

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## E R R A T A .

In looking over the preceeding pages, I find several errors, which, as I had not the opportunity of correcting the proof sheets, I must correct in this form. Such, however, as are of minor importance, I shall pass unnoticed.

The word "American," before "Botanic Remedies," page 7, was intended to have been erased from the manuscript before it went to the press, in consequence of the insertion of some articles which do not correspond with that caption. But it was inadvertently overlooked or forgotten.

On page 5, last line in second paragraph, read "rent," instead of "garment," &c.

Page 10, in the article of "Anseed" after the word "essential," the word "oil," is wanting.

Page 16, third line from the bottom, read "stimulant," for "stimulate."

Page 34, fourth line from the top, read 'form, or' instead of 'former.'

Page 36; 12th & 16th line from top, read 'caustic' for 'castic.'

Page 54; fourth line from the bottom, read 'lobelia' instead of 'boberea.'

Page 55; fourth line from the top, read 'used as a tea' instead of 'cisated.'

Page 59; bottom line; read 'ague is' instead of 'in.'

Page 101; twelfth line from the top, instead of 'brought under,' &c. read 'brought to the light of sober investigation; that men shall be under,' &c. This error we very much regret.

Page 111; the sentence: *Take of 'Lobelia seeds, one pint,' &c.* read *'Take of the Tincture of Lobelia seeds, one pint, &c.*







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